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The magazine for a strong America

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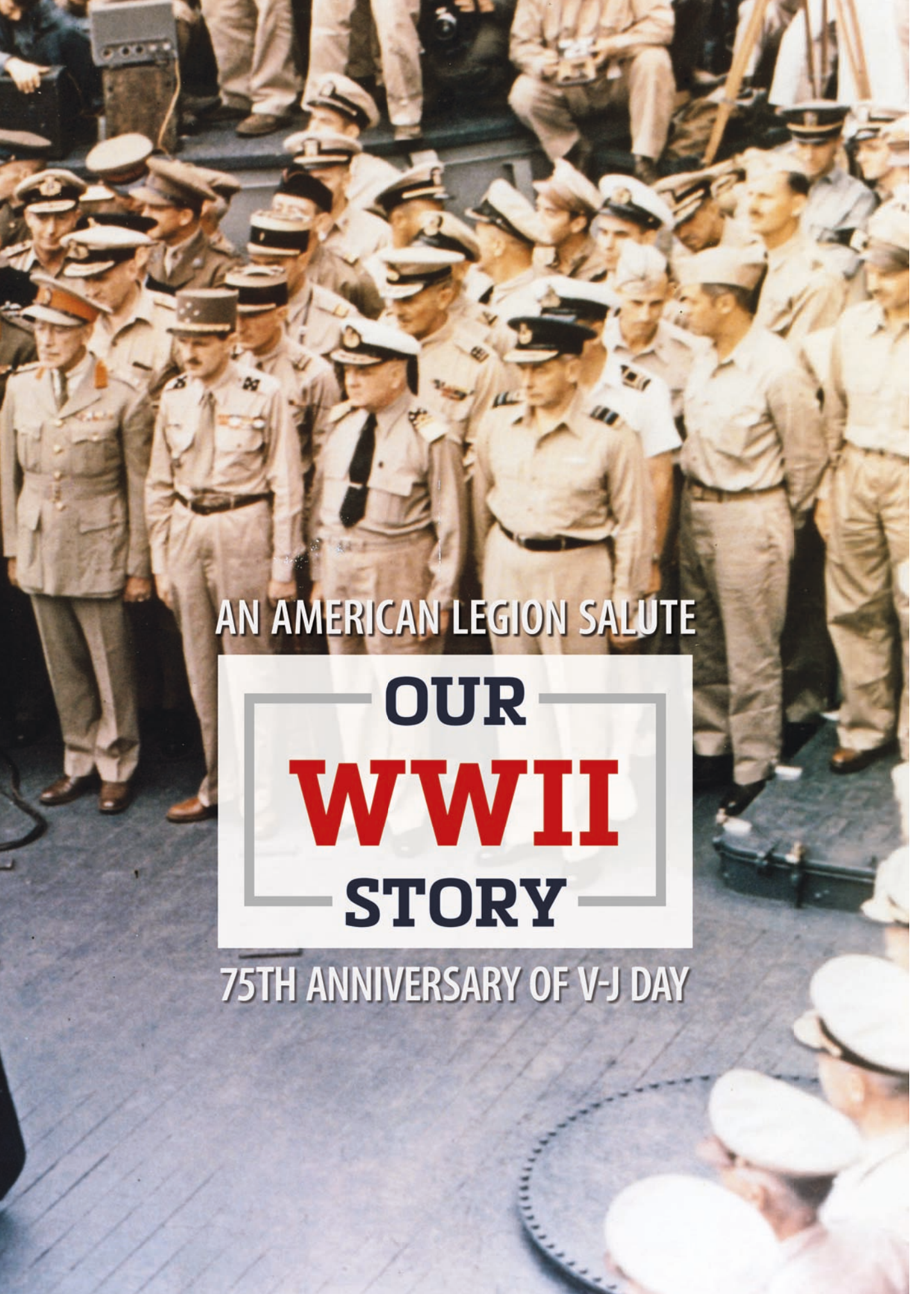

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Dear American Legion Family Members and Friends,

WE ARE HERE TO ASSERT in the strongest terms possible that The American Legion stands for equal rights for everyone, regardless of race, ethnicity, gender or any other characteristic. There is no qualifier to that statement.

It's a belief The American Legion has held since our founding just after the end of World War I. At that time in 1919, Black veterans were among our organization's founders who adopted a mission statement – the Preamble to The American Legion Constitution – that rings as true today as it did more than a century ago.

At every official American Legion meeting, we pledge among other things "to maintain law and order," as well as "safeguard and transmit to posterity the principles of justice, freedom and democracy."

We grieve for Black American citizens George Floyd, Ahmaud Arbery, Breonna Taylor and far too many others. Their senseless deaths have brought the topic of race relations to the forefront of our hearts and minds.

Just as we believe in equal rights for all, we believe in law and order. Those sentiments were thoughtfully shared in a special two-part episode of The American Legion's Tango Alpha Lima podcast. We encourage everyone to listen and reflect on the messages brought forth by the guests, all of whom are Legionnaires with unique stories to share regarding their experiences in law enforcement.

At this time, we have seen tensions rise. Rioters have taken advantage of peaceful protests to burn and loot buildings. White supremacists have targeted black Americans going about their daily lives. Angry citizens have recklessly hurled objects and insults at law enforcement officers.

It has to stop. America is better than this. We are better than this. Together, let's find common ground to stand on so that every American can enjoy the freedoms we vowed to protect with our lives.

Nicole Clapp
Nicole Clapp
National President
The American Legion Auxiliary

James W. "Bill" Oxford
James W. "Bill" Oxford
National Commander
The American Legion

Clint D. Bolt
Clint Bolt
National Commander
Sons of The American Legion

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HELPING HANDS

Ed Gorecki, a member of Edward C. Headman American Legion Post 217 in Wyandotte, Mich., loads food boxes delivered by Gleaners Community Food Bank into vehicles outside Otto Miller Jr. American Legion Post 396 in Garden City on July 17. Lack of unemployment benefits and the possible expiration of COVID-19 relief programs have left many veterans, seniors and families in need. Photo by Junfu Han

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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its nearly 2 million members. These wartime veterans, working through 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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'Freedom Train'

Regarding Gerry and Janet Souter's article (July), I was about 9 when the Freedom Train came to our town. Even at that young age I was really impressed. It was beautiful, and the inside was like going to a museum. The Marine guards were great to see and very friendly to a little boy. I am glad I was able to see all the famous documents. I will never forget it.

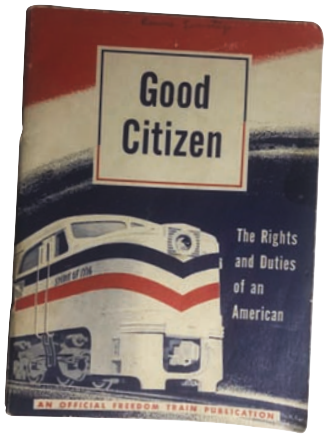
– Bob Shroyer, Galion, Ohio

It was a great memory on Father's Day to read the article about the Freedom Train. My parents planned for a week or so how the visit would go: breakfast at a local diner next to the train station, meet my dad's childhood friend who worked at Railway Express and could get us in close to the Freedom Train, then lunch at the National Guard armory. During the week I got pop quizzes on American history.

The day came, and it went off without a hitch. I can still remember Mom or Dad or me stopping at something in the car and lingering to take it in, and being asked by a Marine to please move along. It was wonderful and over so quickly. The line to get aboard was long, in front of us and behind. It moved quickly with quiet conversation, mostly about how fortunate we were to be Americans and what a great thing the Freedom Train was.

Nothing like that will ever happen again, and I am so very glad you brought this memory back for me.

– Charles "Pappy" Patchin, Latrobe, Pa.



In 1948, the Freedom Train came to Frederick, Md., where we, as students, were taken to the event. I have never forgotten it. They gave us a book, and the information in it is invaluable. Every citizen (and students at a young age) should have a copy.

– Ron Twentey, Little Orleans, Md.

I was in the fourth grade when the Freedom Train came to my hometown of Winchester, Va. All the students got to visit the museum on wheels. Even at such an early age I was amazed at the historic display it carried. Maybe it's time to do it again.

– Jerry Headley, Winchester, Va.

'Portrait of the Artist as a D-Day Veteran'

Jeff Stoffer's article on Ugo Giannini (July) is terrific. I watched the video on The American Legion's website and loved the art. I'm a retired Marine with tours in Iraq and Afghanistan. Ugo's art is an emotional experience.

– Sean Sargeant, Murrieta, Calif.

I am a Korean War veteran and have been a member of The American Legion since I was discharged from the Army. As I read the article about Ugo Giannini, I pictured myself there. I can't tell you how impressed I was, page after page. I look forward to the next issue.

– Clarence L. Wright Jr., Harrisburg, Pa.

Federal funds for USPS

Thanks to Sarah Anderson for her support of the U.S. Postal Service (Big Issues, July). It is too bad Thomas Aiello only tells part of the story.

I am a 36-year retired USPS mailman. Postal employees take the same oath of office as elected officials, military, police, and local, state and federal employees; this maintains the sanctity of the mail. Since the post office was reformed in the '70s, it has not received one dime of taxpayer funding. But in 2006 Congress burdened it with a pre-funding mandate of $5 billion a year for the health benefits of postal employees for the next 50 years. It is this mandate that gives Aiello the statistics he uses to show the USPS as "deteriorating and unsustainable."

It is telling that even in these trying times, the USPS and its dedicated employees continue to deliver the nation's mail and maintain an 80 percent approval rating as the best government agency.

– Philip Carney, Northglenn, Colo.

What is missing on both sides of the USPS debate is the importance of the last word in the agency's name: "service." Like a fire service, ambulance service or uniformed service, the Postal Service exists to serve the public and is not intended to be a profit-making agency. Mail is delivered from Key West, Fla., to Cut Bank, Mont., for the same 50 cents as it is from one part of town to another in Denver. It is also often the only means of written and package communication to hundreds of small communities that FedEx and UPS do not serve at all, or charge a small fortune for the exception. Calls for more efficiency, like no Saturday home delivery, are met with refusal by Congress – not the USPS. Indeed, it regularly asks for such relief but is rebuffed for political reasons. Privatization is not the solution to all ills. The post office is a service, and a very good one, and deserves our support.

– James DeFrancia, Steamboat Springs, Colo.

I am a retired postal inspector (1970-1996), and I took great interest in this article. Sarah Anderson opines that "mail revenue has collapsed during the crisis." Actually, revenue started to decline in the 1990s with the expansion of email. Nowadays few folks write a letter to go by "snail mail" when they can order a product or answer a text in five seconds. By Anderson's logic, the government should have subsidized harness makers, carriage builders and buggy whip makers when Henry Ford rolled off his first Model T.

I agree with Thomas Aiello that the USPS needs meaningful, structural reforms. I would begin by eliminating Saturday mail delivery. The immediate savings would be a 16-plus-percent reduction in letter carrier workforce, and all carriers would work a five-day week. The USPS would use less fuel and have fewer vehicle maintenance costs.

– Ron Benjamin, Mansfield, Pa.

'A Loss That Saved Lives'

When I opened my July issue, I immediately noticed a piece on one of my favorite teams, the Kansas City Chiefs (Rapid Fire). You applaud the San Francisco 49ers for the great service they did for their country. That, my friends, is a real stretch.

Obviously, Kansas City is not as densely packed as the Bay Area, and surely nobody would attend a celebration in "flyover" Kansas City. Oh, wait: media reports said the parade and rally drew nearly 1 million people to city streets in Kansas City throughout the day. Had the 49ers won, I seriously doubt there would have been an article about how, by not winning, the Chiefs "did a great service to their city, state and nation."

– Alan Rohlfing, St. Charles, Mo.

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100 miles for veterans and children

Now through Veterans Day, you'll likely find me walking. I'm walking with a purpose. I'm walking for our nation's veterans and youth.

In August, The American Legion launched its 100 Miles for Hope campaign to support our Veterans & Children Foundation. We are asking American Legion Family members to walk, run or ride bicycles for 100 miles in the 100 days from Aug. 3 to Veterans Day. American Legion Riders are encouraged to participate by riding 100 miles.

For a $30 registration fee, participants receive a slick tech shirt (available in men's and women's sizes), a sign to display and a certificate of accomplishment when they finish. Posts can participate, too, by creating their own events for members. Some are organizing events around Patriot Day (Sept. 11), American Legion Day (Sept. 16) and, of course, Veterans Day.

Learn more about this initiative online at **legion.org/100miles** and register through Emblem Sales at **emblem.legion.org**.

Why 100 days? Walkers can break that number down to a mile a day, roughly 20 to 30 minutes. That happens to be the activity level many health experts recommend. If you haven't started yet, there's still time to join the challenge. It really doesn't matter how you cross that 100-mile threshold. We just want you to join us in strengthening our Veterans & Children Foundation, so that we can provide American Legion service officers the training they need and continue to support military families with Temporary Financial Assistance (TFA) grants.

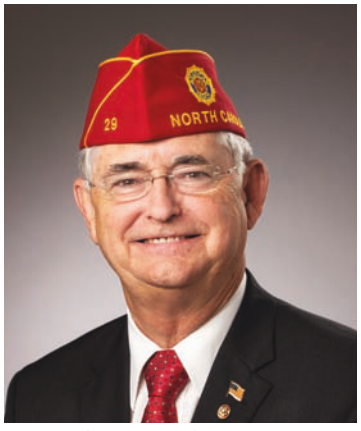
Much of what service officers do is behind closed doors, for privacy reasons. We want to shine more light, though, on their efforts. In small towns and big cities, our accredited service officers help veterans navigate the confusing, sometimes frustrating process of receiving the benefits they earned in service to our nation. Quite often, this assistance goes beyond paperwork, as service officers steer veterans in the grip of depression out of some of their darkest moments.

Courtney VanZanten is commander of Arthur T. Peterson American Legion Post 136 in Chester, S.D., and her department's service officer. In Lake County, which numbers about 12,000 residents, she has met with several veterans at risk of self-harm since February. Drawing on her training and other resources, VanZanten was able to connect them with the mental health assistance they desperately needed.

"I had a veteran who was dealing with a lot of stress reach out earlier this year," she says of a former servicemember who served in Iraq and Afghanistan. "We were able to get him admitted to a short-term mental health clinic. He is doing well now, and I am relieved he got the help he needed, both from a mental health perspective and a TFA grant."

There may be no better time than September, which is National Suicide Prevention Awareness Month, to rally behind our unsung heroes like VanZanten. And there is no better time than now to get off the couch, put on a "100 Miles for Hope" shirt, and show your support for America's veterans and youth.

James W. "Bill" Oxford



National Commander James W. "Bill" Oxford

MEMORANDA

FALL MEETINGS

At press time, The American Legion's National Executive Committee was scheduled to meet in Indianapolis Oct. 12-15. Keep up with news on the meetings – or see if plans change – on the Legion's national website.

legion.org

ANNUAL REPORT

Download The American Legion's 2020 Annual Report to read about the many ways the entire American Legion Family worked on behalf of veterans, servicemembers and families in their communities over the past year, especially during the COVID-19 pandemic.

legion.org/annualreport

POW/MIA RECOGNITION DAY

The third Friday of September – Sept. 18 this year – is POW/MIA Recognition Day. This day is set aside to honor the sacrifices made by American prisoners of war and those who are still missing in action, as well as their families. The American Legion is committed to achieving a full accounting of all POW/MIAs from the Gulf War, Vietnam War, Cold War, Korean War and World War II.

legion.org/honor

A FOUNDATION OF **HOPE**

FOR DISABLED VETERANS

> **I was about to give up… I wouldn't have known where to go.**

Korean War Army veteran Willie Alvin Cousin,
who received long-overdue and wrongly denied VA disability benefits after his case was reopened and won by American Legion Department Service Officer K. Robert Lewis

FOR MILITARY AND VETERAN FAMILIES IN NEED

> **These were important things. It helped them not get behind in their rent… It helped them put food in the refrigerator.**

Coast Guard Vice Commandant Adm. Charlie Ray
after American Legion Temporary Financial Assistance helped more than 3,120 children whose active-duty families were affected by the federal government shutdown

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The American Legion Veterans & Children Foundation, formerly the American Legion Endowment Fund, delivers vital financial support for service officers worldwide who are working on VA disability claims for more than 700,000 U.S. military veterans at any one time, all the time. The fund also supplies American Legion Temporary Financial Assistance cash grants for military and veteran families with minor children at home, who have encountered hardships beyond their control and need short-term help covering the costs of shelter, food, utilities, clothing or other necessities.

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"What you're about to do is going to define your life. It's going to define you as a man and a citizen. We just want to let you know that you're not alone. We're here for you."

Words shared by **Buffalo Grove, Ill., American Legion Post 1247 Adjutant Craig Warner** to 18-year-old future Marine Steven Hart of Vernon Hills at a July 5 socially distanced send-off event, involving friends, neighbors, police and firefighters, coordinated by the post

Photo courtesy *The Daily Herald*

$667,931

to help children of fallen and disabled veterans

Many national youth programs were suspended or curtailed in 2020 due to the pandemic, but the American Legion Legacy Scholarship program didn't miss a beat. Thirty-five children of U.S. military personnel who lost their lives or became 50 percent disabled or greater while on duty since 9/11 received more than $667,000 in college funds in 2020, the fourth-highest amount in the program's 17-year history.

The marquee fundraising event for the Legacy Scholarship is the annual motorcycle Legacy Run. Due to the pandemic, the American Legion Legacy Run is being conducted virtually in 2020. Riders are urged to put in the miles in their local areas, contribute to the scholarship fund and learn about fundraising rewards online.

legion.org/riders/legacyrun/donation

Photo by Rachel Mummey

▶ 380

Pounds of food collected and hauled in a Fourth of July Ruck for the Pella Community Food Shelf by members of **Van Veen-Van Hemert American Legion Post 89** in Pella, Iowa

"Our veterans had a blast. The band absolutely rocked that parking lot, and our veterans were dancing, singing and waving their flags from their windows. It was extremely important for our veterans to have us there for the Fourth of July because they could not come out of their rooms."

Canteen Fund representative Nicole Guest of **Pennsylvania American Legion District 12,** following a socially distanced July 4 celebration in the parking lot of the Wilkes-Barre VA Medical Center, for residents in long-term care. A parade of American Legion Riders, a rendition of "God Bless America" and more pageantry brightened the holiday for the veterans. District 12 plans to continue providing monthly events at the medical center.

Photo by Corey Perrine

Award-winning Boys State documentary airs on Apple TV+

The Sundance Film Festival Grand Jury Prize-winning documentary film "Boys State" premiered in late July at selected theaters with an announced debut on Apple TV+ in mid-August. The documentary, directed and produced by Amanda McBaine and Jesse Moss, features real-life political drama and education from participants in the 2018 Texas American Legion Boys State program.

▶ 1,700

Approximate minimum number of free COVID-19 tests provided daily in the South Phoenix area by **Travis L. Williams American Legion Post 65,** working with the HeroZona Foundation and other groups, since early July

Solemn celebration

American Legion Post 10 in Albany, Ore., staged a community Celebration of Lives on July 4 to honor friends and loved ones lost during the pandemic. Post 10 performed its Post Everlasting ceremony to recognize the names of those taken by the illness. The U.S. flag was raised and lowered with the reading of each name, while taps was sounded and "Amazing Grace" played.

FROM NATIONAL TO YOU

Media tools help get the word out

The American Legion Media & Communications Division is updating national brochures and documents so they are available for convenient, at-home printing. As brochures are refreshed, reviewed and formatted, they will be uploaded to the Publications page.

legion.org/publications

Access downloadable versions of popular National Headquarters videos for offline use. More than 150 are posted on the **American Legion Vimeo** page.

vimeo.com/americanlegion/albums

The full catalog of American Legion videos is available on the **americanlegionHQ** YouTube channel. Subscribe to get updates when new videos are added.

youtube.com/americanlegionhq

Get access to digital tools to assist in recruiting, fundraising and other promotional efforts. Branded videos, ads, flyers and more can be found at the resources page of **The American Legion Media Alliance (TALMA).**

legion.org/talma/resources

American Legion Family members who handle media and communications for posts are urged to join TALMA to receive exclusive benefits. They include:

▶ **Monthly virtual training sessions.** Each month, a live session on a specific media topic is presented during which members can ask questions to panelists. A video recording is made available on the TALMA Facebook private group page.

▶ **Private Facebook group.** Members share tips, resources and information to help them engage their communities and promote The American Legion.

▶ **Press credential.** Members get a TALMA press credential and lanyard to use at events to indicate they are media representatives.

▶ **Annual contest.** Entry into the annual contest is free for TALMA members.

▶ **Resources.** Members receive advance links to national media resources. Upon signing up, members receive a welcome kit that includes a helpful Tips and Tricks booklet.

legion.org/talma

Marijuana banking legislation

SUPPORT

Justin Strekal

■ Strekal is political director of the National Organization for the Reform of Marijuana Laws (NORML).

OPPOSE

Scott Chipman

■ Chipman is vice president of Americans Against Legalizing Marijuana.

Imagine trying to operate a business and manage payroll without access to a bank account. Imagine not being able to write your vendors a check for services rendered. Imagine requiring every one of your customers to pay for their purchases in cash.

We don't have to imagine such a scenario. This is the reality of hundreds of small- and medium-size business owners who are engaging in the emerging legal cannabis marketplace.

To date, 10 states – Alaska, California, Colorado, Illinois, Maine, Michigan, Massachusetts, Nevada, Oregon and Washington – permit retail sales of recreational marijuana to adults. A total of 33 states have enacted policies to establish a regulated medical cannabis program. These programs are estimated to support over 240,000 legal, tax-paying jobs.

This is why the House of Representatives voted in an overwhelmingly bipartisan manner (321-103) to advance the SAFE Banking Act, which explicitly permits financial institutions to engage in relationships with the state-regulated cannabis industry. Several nonpartisan organizations, including the Independent Community Bankers of America and the Credit Union National Association, support this common-sense reform.

No industry can operate safely, transparently or effectively without access to banks or other financial institutions. It is self-evident that this industry, and the millions of consumers served by it, will remain severely hampered without better access to credit and financing. To truly bring the marijuana industry out of the shadows, Congress – members of the Senate in particular – need to amend these outdated and discriminatory banking practices.

THE HEART OF THE ISSUE

Legislation providing the marijuana industry access to funds from financial institutions is before Congress. But critics say the federal prohibition of marijuana means banks should not provide financial services for a drug some consider harmful.

The pot industry often puts up smoke screens to get a stronger presence in American society. The 1996 Compassionate Use Act fooled California voters into allowing medi-pot "for any ailment the 'patient' thought marijuana could be beneficial (for)." The Adult Use of Marijuana Act of 2016 dramatically increased preteen, teen and young adult use of marijuana.

For several years, pot advocates have promoted the SAFE Banking Act. Ironically, this "safe" act for pot dealers is unsafe for everyone else, especially our nation's youth.

The SAFE Banking Act was wrapped into a House stimulus bill that mentions "cannabis" 68 times, more than "jobs." It was not mentioned in connection with addiction, drug abuse or prevention, but in relation to promoting the drug and assisting the drug dealers.

Many elected officials (and much of the public) don't recognize the serious damage marijuana use and addiction cause. Today's pot is 10 to 40 times stronger than it was in the 1970s. Besides addiction, pot use is linked to depression, anxiety, suicidality, paranoia, psychosis and schizophrenia. It is ironic that a drug that injures lungs would be promoted by a congressional COVID-19 funding bill.

Officials are not promoting public health or safety, but helping one of their "essential" donor constituencies: the pot growers, traffickers and sellers. In recognition, House leadership takes every opportunity to insert provisions assisting the industry. Rather than assisting pot dealers, Congress should be supporting enforcement of the Controlled Substances Act and protecting communities and kids.

CONTACT YOUR ELECTED OFFICIALS

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The Honorable *(name)*, U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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The truth about shingles

BY MARTIN SAYERS

Media Bakery

An estimated 1 million Americans get shingles each year. That means one in three people will be affected by it at some point in their lifetime.

While shingles is not life-threatening, it can be debilitating, particularly for the elderly, and can affect people at any age.

What is shingles? Shingles is a condition caused by the chickenpox virus. After you've had chickenpox, the virus usually lies inactive in your body for the rest of your life. But sometimes it can reactivate in the form of shingles. The reasons behind this "reactivation" are not fully understood, but it is sometimes linked to a weakened immune system or stress. About one in 10 cases – usually among older people – results in long-term nerve pain.

What are the symptoms? Shingles causes a painful rash that usually appears on a person's chest and torso but can also occur on the face, eyes and genitals. Most people who have shingles experience a burning or itching sensation on an area of skin; a rash breaks out a few days later. A shingles rash appears as red blotches, usually on one side of the body only (a rash on both sides is unlikely to be shingles). This rash later turns into itchy blisters that ooze fluid before they dry out and scab over. It can take up to four weeks to heal, and the skin can be painful for weeks after the rash has gone, but will usually settle over time.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

How is shingles treated? "The mainstay of shingles therapy is supportive care, hydration and rest," says Joseph Gastaldo, medical director of infectious diseases at OhioHealth. "We do have antiviral medications available, but for those medications to be most beneficial they must be taken soon after the onset of the infection."

If the skin lesions are already widespread, antiviral medications will not do much. The actual shingles virus never goes away; it remains latent within other cells and can potentially reactivate. The goal of antiviral medications is suppression of the replication of the shingles virus, so the outbreak is not so bad.

What should you do if you think you have shingles? "The first thing you should do is contact your health-care provider and provide a detailed description," Gastaldo says. "Even if no skin blisters can be seen, many providers will know that if you have those symptoms and sensations in one part of your body, there's a good chance that you have the beginning of shingles. If you give them a history of a burning-type sensation, with or without suspicious skin lesions, they can consider prescribing you an antiviral medication."

The virus that causes shingles can spread from a person with active shingles and cause chickenpox in someone who has never had chickenpox or received a chickenpox vaccine. So if you have shingles, avoid anyone who has not had chickenpox before, especially pregnant women, people with a weakened immune system (such as someone undergoing chemotherapy) and babies younger than 1 month.

Martin Sayers is a freelance writer living in Cambridge, England. He specializes in health and nutrition issues.

- EDUCATIONAL ADVERTISEMENT -

Better read this if you are 62 or older and still making mortgage payments.

It's a well-known fact that for many older Americans, the home is their single biggest asset, often accounting for more than 45% of their total net worth. ***And with interest rates near all-time lows while home values are still high, this combination creates the perfect dynamic for getting the most out of your built-up equity.***

But, many aren't taking advantage of this unprecedented period. According to new statistics from the mortgage industry, senior homeowners in the U.S. are now sitting on more than 7.19 trillion dollars* of unused home equity.

Not only are people living longer than ever before, but there is also greater uncertainty in the ecomony. With home prices back up again, ignoring this "hidden wealth" may prove to be short sighted when looking for the best long-term outcome.

All things considered, it's not surprising that more than a million homeowners have already used a government-insured Home Equity Conversion Mortgage (HECM) loan to turn their home equity into extra cash for retirement.

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan; however the borrowers are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

It's times like these that your largest asset can be a life saver.

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first be used to pay off any existing liens on the property, which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with a HECM loan don't even bother to get more information because of rumors they've heard.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that over 98% of their clients are satisfied with their loans. While these special loans are not for everyone, they can be a real lifesaver for senior homeowners - especially in times like these.

The cash from a HECM loan can be used for almost any purpose. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a safety net for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make the best decision - for your financial future.

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*Source: https://reversemortgagedaily.com/2019/12/17/senior-housing-wealth-reaches-record-high-of-7-19-trillion

Reverse mortgage loan terms include occupying the home as your primary residence, maintaining the home, paying property taxes and homeowners insurance. Although these costs may be substantial, AAG does not establish an escrow account for these payments. However, a set-aside account can be set up for taxes and insurance, and in some cases may be required. Not all interest on a reverse mortgage is tax-deductible and to the extent that it is, such deduction is not available until the loan is partially or fully repaid.

AAG charges an origination fee, mortgage insurance premium (where required by HUD), closing costs and servicing fees, rolled into the balance of the loan. AAG charges interest on the balance, which grows over time. When the last borrower or eligible non-borrowing spouse dies, sells the home, permanently moves out, or fails to comply with the loan terms, the loan becomes due and payable (and the property may become subject to foreclosure). When this happens, some or all of the equity in the property no longer belongs to the borrowers, who may need to sell the home or otherwise repay the loan balance. V2020.06.30

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AAG Retire Better

Nutrition myths, **busted**

The Healthline website recently posted a compilation of the biggest nutrition myths. Have you bought into any of these?

- **Breakfast is the most important meal of the day.** Research indicates that skipping breakfast may result in reduced calorie intake and improved blood-sugar control, while reducing some inflammatory issues. (This does not apply to children and teens.)
- **High-fat foods are unhealthy.** Dietary fat is essential for optimal health. Moreover, low-fat diets are linked to a higher risk of health issues related to insulin resistance and triglyceride levels, which are known risk factors for heart disease.
- **Non-nutritive sweeteners are healthy.** These sweeteners may increase risk of type 2 diabetes, contribute to problems with gut bacteria and cause blood-sugar dysregulation. A diet high in sugar is associated with many negative health outcomes, too.

Media Bakery

- **Skinny means healthy.** Eating the right amount of nutritious foods is the way to maintain health. Body type may make skinniness difficult for some people. While obesity is correlated with many health problems, reducing your disease risk does not mean you have to be skinny.
- **Smoothies and juices are healthy.** Most restaurant juices and smoothies are chock full of sugar and calories. These sorts of drinks can promote weight gain and other problems. On the other hand, a nutrient-dense smoothie or freshly made juice of primarily non-starchy vegetables can be a great way to boost vitamin, mineral and antioxidant intake.

Find more nutrition myths at **healthline.com**.

Media Bakery

How to protect your food during storm season

For National Disaster Preparedness Month, the Centers for Disease Control and Prevention (CDC) offers some helpful tips on ways to prevent foodborne illness following storms, surges and floods:

- **During a power outage, keep refrigerator and freezer doors closed to contain the cold air as long as possible.** A full freezer will keep food safe for 48 hours without power if you don't open the door. A refrigerator will keep food safe for up to four hours without power if you don't open it.
- **Meat, poultry, fish, eggs and leftover meals should be trashed once the power has been off for four hours or more.** Also, once frozen foods have thawed they need to be thrown out. In addition, any foods that come in contact with floodwater or stormwater should be tossed, as should any that have taken on an unusual odor, color or texture. However, you can safely refreeze or cook food from the freezer if the food still contains ice crystals and feels as cold as if refrigerated.
- **Discard foods not in waterproof packaging or in cardboard containers**. Also, toss food containers with screw caps, snap lids, crimped caps, twist caps, flip tops and snap tops, as well as foods canned at home and any canned foods or containers that are bulging, open or damaged.
- **Sanitize any food-contact surfaces that have been flooded.** Use warm, soapy water and then soak the cleaned items for one minute in a bleach-water solution (one cup of chlorine bleach in five gallons of clean water).

Learn more at **foodsafety.gov/food-safety-charts** and **cdc.gov/foodsafety**.

61 Percent of Americans who claim they follow COVID-19 news equally at the national and local levels

23 Percent who pay more attention to local news

65 Percent of U.S. adults who say they have worn a mask in stores or other businesses all or most of the time in the past month (survey conducted June 4-10)

15 Percent who say they wore a mask sometimes

7 Percent who say they never wore a mask in the past month

Source: Pew Research Center

"We will all know somebody – we will all love somebody – who will die from this disease. Eventually there won't be any blue states or red states. There won't be any blue cities or red rural areas. It'll all be COVID-colored."

Michael Osterholm, founder and director of the Center for Infectious Disease Research and Policy at the University of Minnesota

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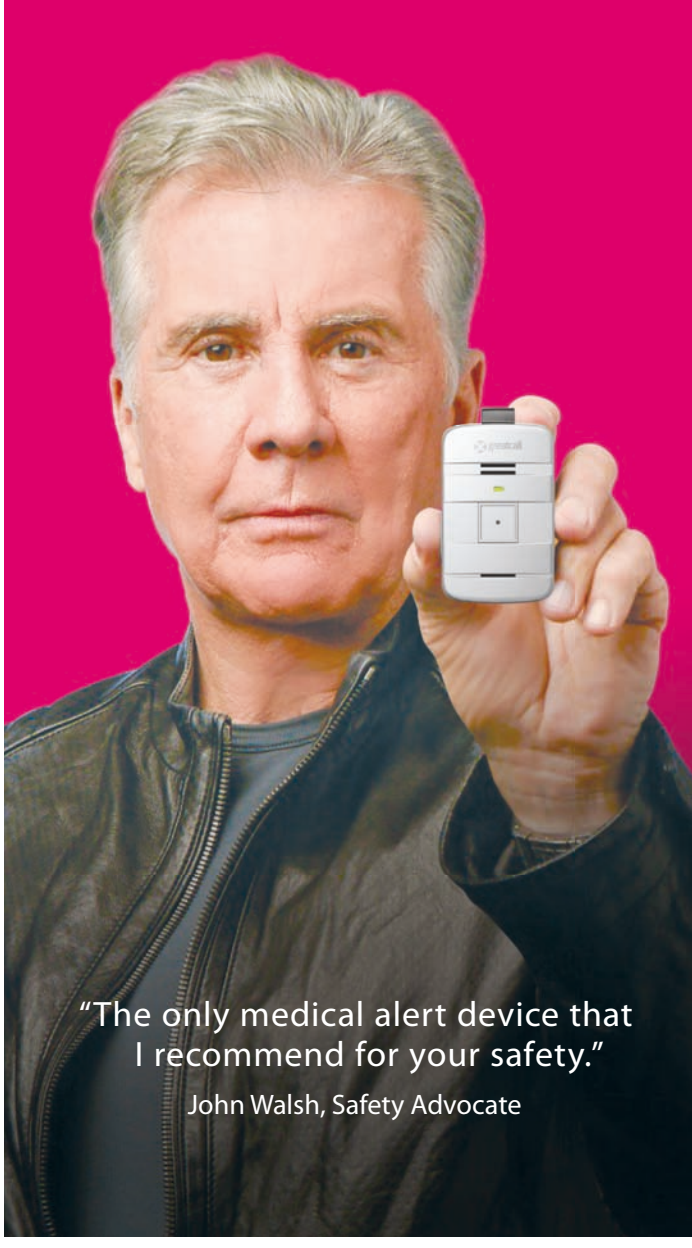

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[1]Preece, Jeph. "Greatcall - The Best Overall Medical Alert System." *Dignifyed*, 12 Apr. 2018, www.dignifyed.com/greatcall-review-24.html. [2]Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. [3]One of the most affordable mobile medical alert systems determined by totaling device cost, online activation fee, and 12 months of service among competitors offering mobile devices available for purchase. [4]Fall Detection is an optional feature and may not always accurately detect a fall. Users should always push their button when they need help, if possible. Fall detection only available with purchase of Ultimate Health and Safety Plan. [5]Monthly service fee excludes government taxes or assessment surcharges and may change. 5Star Service tracks an approximate location of the device. 5Star or 9-1-1 calls can only be made when cellular service is available. Waterproof rated for up to 3 feet for up to 30 minutes. GREATCALL, 5STAR, and LIVELY are trademarks of Best Buy and its affiliated companies. © 2020 Best Buy. All rights reserved.

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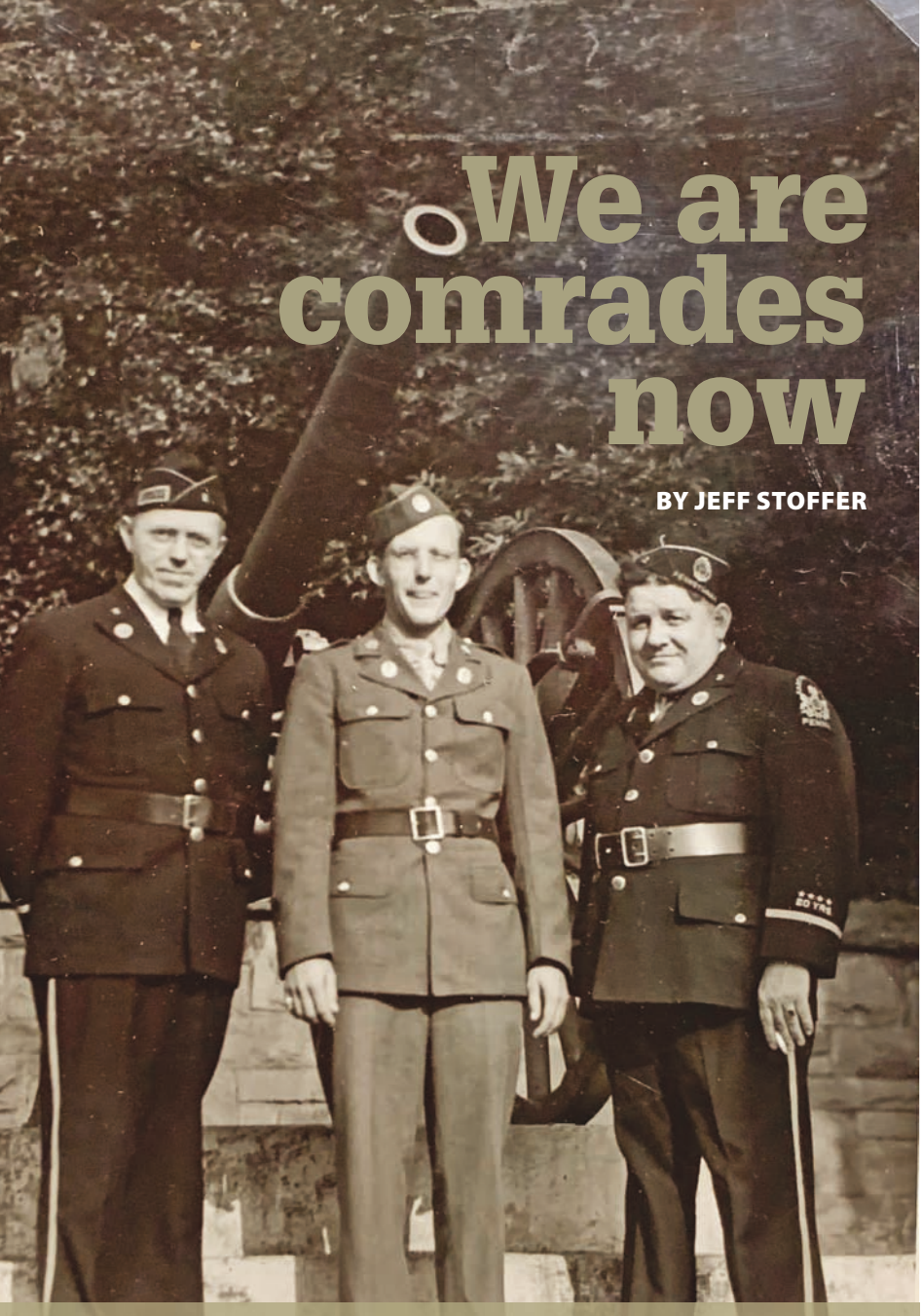
We are comrades now

BY JEFF STOFFER



Two Pennsylvania Legionnaires flank Pvt. Robert Morris, the first post member called to active duty for World War II, in front of a World War I cannon the post was sending to the local scrap metal drive. American Legion Archives

The American Legion salutes the 75th anniversary of World War II's end.

OUR WWII STORY

The American Legion had been divided about World War II prior to the attack at Pearl Harbor. Many veterans – having known the horrors of combat in the muddy, poisonous trenches of Europe two decades earlier – believed the United States should stay out of it. But by the fall of 1941, as the Nazi regime continued spreading westward, isolationism became an unlikely proposition.

In his acceptance speech as leader of the nation's largest veterans organization, just months prior to U.S. entry in the war, Lynn Stambaugh of North Dakota observed that a new kind of military conflict was gathering on America's horizon, one that would be fought on distant lands, at sea and in the air, with weapons, planes and bombs never before deployed. Should the United States enter the fight, unprecedented home-front support would be needed. "It is your will, Legionnaires, that in the crisis which currently confronts America, The

"Every Legionnaire and his family is at the service of the United States government for the No. 1 job of winning this war. Thousands of World War veterans and their sons are in the uniform of their country's armed forces. Those of us who must remain at civilian tasks will back up the nation's military and naval personnel with everything we've got."

American Legion National Commander Lynn U. Stambaugh, in the January 1942 *American Legion Magazine*, which was pulled from the press after the Japanese attack at Pearl Harbor on Dec. 7, 1941, and reprinted to report the event that brought the United States into World War II

Dec. 8, 1941: Hours after the attack on Pearl Harbor, The Japanese Imperial Army moves into Shanghai, China, to secure the area and prevent an underground resistance. Many of those captured and held prisoner are members of American Legion China Post 1.

350,000+

Legionnaires who trained to become air raid wardens during the first year of World War II, while another **337,000** trained as first responders, and **34,132** became trained and certified as firefighters.

American Legion Archives

American Legion shall take its place in the battle lines that are forming," he said upon election. Within months, Stambaugh would be listed by the Nazis as an "enemy of the Third Reich."

The American Legion indeed was destined to return to wartime service, at home and abroad. Many doughboys of the Great War would re-up as officers and help lead a new generation, or fill voids in local communities, in law enforcement, firefighting, emergency medicine and civil defense. More than 16 million American men and women would become members of the U.S. Armed Forces between Dec. 7, 1941, and Sept. 2, 1945, the span between Pearl Harbor

American Legion Family war loan campaigns raised millions

Veterans of World War I knew well what it meant to fight on foreign soil without the supplies, food, clothing and weaponry they wished they had. So, when Defense Savings Bonds and Stamps were made available to build up the U.S. war machine in early 1942, The American Legion went to work. "There is no room in America today for silent partners," Past National Commander Frank Belgrano wrote in an April 1942 call for the entire American Legion Family to step up, buy bonds, and get their friends and neighbors to do it too.

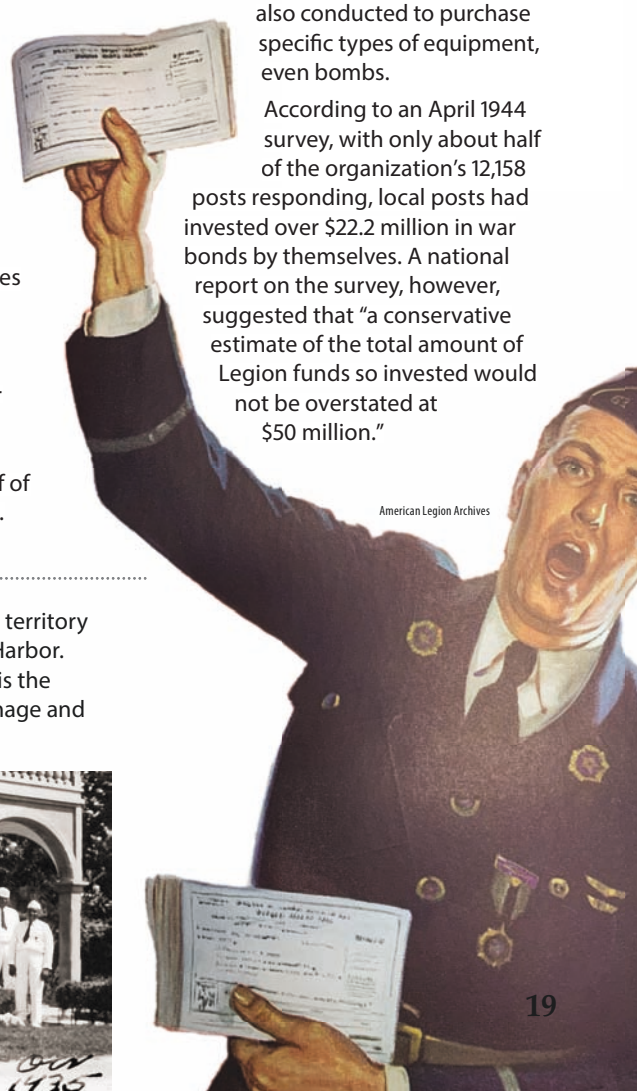
"The disquieting fact is that, while 95 percent of our people have heard of Defense Savings Bonds and Stamps, only a small percentage have actually purchased them," Belgrano explained. "It is our job to tell the story of their contribution to Uncle Sam's victory effort so effectively that all of our citizens will freely and gladly sign a pledge to purchase bonds or stamps, or both, systematically for the duration of the war."

Sales were strong. Reporting of those sales was not. Posts and departments did not consistently tally and transmit their sales for the first through the fourth national bond drives. Only about half of the 49 continental U.S. American Legion departments reported their sales for the fifth, sixth and seventh campaigns. And every department participated, vigorously.

One estimate credits The American Legion with approximately $1.5 billion in total sales through the seven campaigns. That would be over $22.1 billion in 2020 dollars.

American Legion individual members, posts, departments and national headquarters were recognized by the federal government for contributing mightily to the effort. They promoted the campaigns through their publications. They invested their personal money – about double the per-capita goal per citizen – served on campaign committees and personally sold bonds to others in their communities. Multiple post-sponsored fundraisers were also conducted to purchase specific types of equipment, even bombs.

According to an April 1944 survey, with only about half of the organization's 12,158 posts responding, local posts had invested over $22.2 million in war bonds by themselves. A national report on the survey, however, suggested that "a conservative estimate of the total amount of Legion funds so invested would not be overstated at $50 million."



American Legion Archives

Dec. 10, 1941: The U.S. Naval Governor of Guam surrenders the island territory to the Japanese, who invaded immediately after the attack on Pearl Harbor. American Legion Mid Pacific Post 1 on the island, established in 1930, is the target of enemy brutality. Seven post members are accused of espionage and beheaded. Guam Museum

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AT EASE!
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DEDICATED TO O'IR HONORABLY DISCHARGED VETERANS OF WORLD WAR I.
Presented by THE AMERICAN LEGION

The American Legion published a series of booklets designed to help ease the transition of a new generation of servicemembers and then veterans. American Legion Archives

and Japan's formal surrender, 75 years ago this month.

Among approximately 150,000 Legionnaires who returned to uniform in World War II were American Legion founders Theodore Roosevelt Jr., Eric Fisher Wood and Hanford MacNider, all as generals. Roosevelt Jr., at 56, was the oldest American in the first wave of the Normandy invasion; he received the Medal of Honor for his actions at Utah Beach on D-Day. MacNider, who served as American Legion national commander in 1921 and 1922, would lead troops in the miserable fight to secure New Guinea, where he was wounded by a Japanese grenade that ultimately left him blind in one eye. Fisher Wood was stationed in Europe when his son went missing and was killed during the Battle of the Bulge.

The American Legion made homefront support its primary mission. Legionnaires raised tens of millions of dollars in war loans. They wrote to the troops overseas. They collected items – from soap to cigarettes – and sent them to distant outposts. Legionnaires trained at home to become air wardens and patrolled the coasts, watchful for signs that the war might be coming to U.S. soil. They lobbied Congress to provide what they themselves did not have after World War I – career opportunities and decent health care – for the GIs coming home changed by combat.

As wartime veterans, the Legionnaires knew they could provide meaningful counsel for the new generation of military personnel, over 61 percent of whom were drafted. The organization produced a series of booklets – "Fall In," "At Home" and "At Ease" – the first of which offered guidance 1942 American Legion National Commander Roane Waring described as "letters from a veteran father to his sons in service." That first publication explained what the new troops might expect, what

May 1, 1942: The American Legion National Executive Committee passes a resolution, as wartime demand soars, to expand local blood-donation efforts across the country into a national program, which continues today. American Legion Archives

July 18, 1944: Past American Legion Department of France and Paris Post 1 Commander George Aubrey, a leader in the French Resistance, is killed by Nazi soldiers south of Paris.

Photo courtesy Aubrey family

"No more important legislative endeavor on the part of The American Legion is recorded than that of enactment of the Servicemen's Readjustment Act of 1944, more popularly entitled the 'G.I. Bill of Rights.'"

American Legion National Commander Warren Atherton, Sept. 18, 1944, 26th National Convention, Chicago

June 22, 1944: President Franklin D. Roosevelt, flanked by the American Legion special committee that drafted the bill, signs the Servicemen's Readjustment Act of 1944, the GI Bill of Rights, which would drive the U.S. economy for over a half-century and provide veterans unprecedented services and opportunities.

June 27, 1944: The Veterans Preference Hiring Act is signed into law after fierce lobbying from The American Legion to help returning World War II veterans obtain federal employment.

American Legion Post 52 in Burlington, Iowa, raised funds to buy bombs from the local munitions factory. They were sent to North Africa. American Legion Archives

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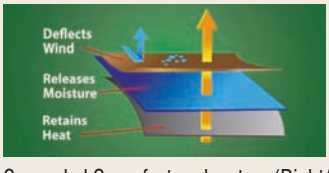

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Legionnaires in San Francisco and elsewhere served as ambulance crews and performed other functions in support of the American Red Cross. American Legion Archives

to do and not do while in uniform, military jargon to know, insignia to understand, benefits information and pay scales to expect.

On the final page of "Fall In," the message was clear that before, during and after service, The American Legion stood with them:

You have left your home to serve your country.

Serve it to the credit of yourself, your family, your state and your country.

You are now a comrade in the fraternity of American servicemen.

The American Legion, a million and a quarter strong, and its American Legion Auxiliary of three-quarters of a million women, desire to serve you and to be your friend.

If you need advice, not obtainable through military channels, call upon the members or the service officer of the nearest Legion post, or if desired write direct to the Defense Division, National Headquarters, The American Legion, 777 North Meridian St., Indianapolis, Ind.

We will help you in your claims and in your connections with the U.S. Veterans' Administration.

We will feed you in our homes.

We will see that where possible you get the hometown newspaper while you are away.

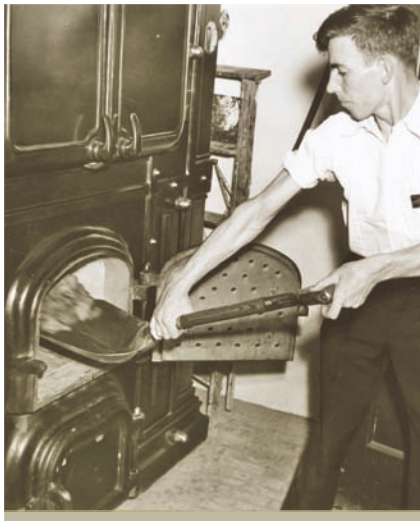
Our American Legion club houses and memorial homes are open for your use.

We are sending playing cards, cigarettes and musical records for use on the long transport voyage and when you get "over there."

We are comrades now and we will serve you in every way possible while you are in service and after you come back home.

"At Home" was a follow-up booklet to help families understand how to support their loved ones at war. "At Ease" was published later to provide guidance on benefits and support in the transition to civilian life. By the end of World War II, American Legion National Headquarters had distributed more than 2.9 million of the booklets.

A national American Legion World War II Liaison Committee was formed to understand and meet the needs of the new generation. Its stated responsibility was to "educate, engage and enthuse" those newly minted veterans. The



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Disabled veterans employed by the Ford Motor Co., working in unison with The American Legion at "Camp Legion" – a 500-acre Michigan facility for training amputees and others for careers after combat. American Legion Archives

Nov. 8, 1944: Germans seize, pillage and set ablaze the French town of St. Die-des-Vosges, where a delegation of 200 Legionnaires had unveiled a plaque in 1921 commemorating the place where the term "America" was first published on a map in 1507. A week after the German rampage and six months before the end of World War II, U.S. troops arrived to find the ruins, along with women and children from the town who had been left homeless and starving. Upon learning this, American Legion Family posts and units collect hundreds of packages of food, clothing and supplies and urgently ship the goods to the town.

May 8, 1945: Nazi Germany surrenders, unconditionally, marking V-E Day.

Sept. 2, 1945: Legionnaire President Harry Truman declares the official V-J Day, the date upon which Japan signs surrender papers onboard USS *Missouri* in Tokyo Bay.

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committee reported more than 21 million mailings, hundreds of radio broadcasts (including a 13-week series on the GI Bill), more than 1,000 news reels, thousands of newspaper placements, billboards, posters and more. The campaign did not simply aim to turn the new veterans into Legionnaires; it was meant to show them the respect they deserved and support available thanks to their honorable service. No one had done that for the World War I founders of The American Legion.

In 1945, more than 600,000 World War II veterans joined The American Legion. The following year, total membership soared to an all-time high of 3,326,556.

"With this new strength and new expansion, the responsibilities of The American Legion are growing," National Commander Edward N. Schieberling said in late 1945. "We are growing in power and influence. We must ever use that

Thousands trained at the Hoffman Island Maritime Service Training Station in New York City during World War II. Library of Congress

"The American public, by and large does not realize what this 'silent service' means to them. The public thinks of the Army and Navy, and the bands all playing, but none of this would function if it wasn't for the old nine-knot tubs, the fast tankers, the converted liners, that feed the front lines. And the men who man these ships. The tough, hard guys who can not only take it, see their pals die, but can come back for more."

Albert Richard Wetjen,
"Jack Tar, Take a Bow,"
July 1942 *American Legion Magazine*

Merchant Marines receive overdue honor for WWII sacrifices

Of all the service branches, the U.S. Merchant Marine suffered the worst losses of World War II, with a grim casualty rate of one in 26.

In March, President Donald Trump signed legislation authorizing the Congressional Gold Medal for the courageous civilian sailors who ferried cargo and personnel to the Allies in both theaters.

To join the crew of a merchant ship was risky, with U-boats hunting their prey on and under the waves. The National WWII Museum lists 11,324 dead and presumed dead U.S. merchant mariners – a loss rate of almost 4 percent.

John Keane of Billy Peterson American Legion Post 165 in Wolcott, Conn., considers himself lucky to have survived. He joined the Merchant Marine at 16 and served on three Liberty ships: SS *Michael Moran*, SS *Paul Buck* and SS *Thomas Clyde*. All crisscrossed the deadly waters of the Atlantic, part of a critical supply lifeline to U.S. forces in Europe.

Of *Moran*'s crew, "I was the youngest by far," Keane says. "I was assigned to one of the 20 mm guns as a 'feeder.' That was quite a thrill. We would hold practice drills with the Navy gunners who were onboard to man the artillery. Every third bullet was a tracer round that lit up the sky to show the path of the bullets. It was a sight to see."

Keane learned later that days after *Moran* left Cherbourg, France, SS *Leopoldville* was sunk by U-486 five miles from the port, killing 763 soldiers from the 66th Division.

He turned 17 during one of *Paul Buck*'s trips, one without a convoy or escort. "We were a lone vulnerable ship full of cargo and traveled in a zigzag course to avoid detection."

His most memorable voyage was aboard *Thomas Clyde*, which delivered supplies to Buenos Aires and went on to Antwerp, Belgium. "While on board, we got the news that the Germans had surrendered. I remember how happy we all were as the crew celebrated V-E together at sea."

That victory came at a steep price. "All told, 733 American cargo ships were lost in troubled waters. I know the war would not have been won without the service of the Merchant Marines, many who made the ultimate sacrifice."

World War II's merchant mariners received veteran status in 1988, and with it American Legion eligibility.

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power and that influence for the good of our beloved country."

The war was won, and The American Legion – reprising its mantra after World War I – wanted no more of it. "We are now entering the period so familiar in American history when we will wish to forget the war," Schieberling said. "The reports received from the liberated and conquered countries, however, give us an idea of what we may face in the reconstruction of peacetime civilization. Those reports should convince all that the national defense of our nation is a task never ending and never to be neglected."

Korea, Vietnam, the Cold War, Desert Storm and the global war on terrorism would prove in the decades ahead that a commitment to national security through military preparedness is a continuous mission for the United States. History proves there is no war to end all wars, no matter how big, deadly, costly, global and definitive. World War II was all of those things, prosecuted from the jungles of New Guinea to the shipyards of Portland, Ore., and American Legion posts around the world.

In 2004, then-American Legion National Commander John Brieden described the emotions of seeing Omaha Beach during the 60th anniversary of the D-Day invasion and the gratitude still expressed by French citizens who were liberated by the Allies in June 1944, at a cost of more than 60,000 casualties in the first 30 days. One veteran of the invasion, he explained, looked through tear-stained eyes at the beach and admitted, "I don't know how I made it… or why I made it."

Weeks earlier, the National

The American Legion Ira H. Hayes Post 84 Color Guard marches in the annual Ira Hayes Day Parade in Sacaton, Ariz. Photo by Lucas Carter

Where victory in World War II is never forgotten

American Legion posts nationwide honor World War II events and heroes in various ways, including parades. Here are four examples:

In 1946, **Lon M. Helm Jr. American Legion Post 182 in Arma, Kan.,** created a parade to commemorate the first anniversary of V-J Day. Every year since then, the Arma Victory over Japan (V-J) Homecoming Celebration draws roughly 750 people to Arma, which has a population of about 1,100.

"It got so big it that turned into a three-day event," says Raymond Vail, Post 182 adjutant and a former department commander. "People who have moved away used to always come back for it. They were disappointed we couldn't have it this year (due to COVID-19)."

Nevertheless, post members planned a small commemoration to keep the tradition going.

Godreau-McMahon Post 91 in Moosup, Conn., has an annual V-J parade, a tribute that began in 1961, starting at 1:01 p.m. Eastern – the time the Japanese surrendered. Due to the pandemic, this year's event was virtual, broadcast live on Facebook and a local radio station. The itinerary included guest speakers, the national anthem by the 102nd Army Band, a flyover and a procession to Post 91.

American Legion Post 84 in Sacaton, Ariz., honors its namesake, Ira H. Hayes, one of six Americans photographed raising the U.S. flag at Iwo Jima. In 1984, six Legionnaires marched in the first parade. Now veterans come from four states to participate. The daylong celebration is held annually on the Saturday closest to the Feb. 23 anniversary of the flag-raising.

Raritan, N.J., American Legion posts pay tribute to John Basilone, a Marine who received the Medal of Honor for his actions at Guadalcanal. The Basilone Memorial Parade started in 1981 after a third-grade class visited the 20-foot Basilone statue and petitioned the mayor to create a parade in his honor. In 2006, Clinton Watters, who stormed Iwo Jima with Basilone and served as best man at his wedding in 1944, appeared as a special guest. While the pandemic led to canceling this year's event, parade co-chairman Bruce Doorly plans to expand it next year. "I don't want to let this die on my watch," he says, noting that they are adding a dinner for World War II veterans and a 5K run. "It's a challenge to keep it relevant to today's society. Next year will be a whole new concept. These patriotic events need to survive."

– Henry Howard

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Legionnaire President Harry Truman, in a message to the 27th American Legion National Convention, Nov. 18, 1945, Chicago

World War II Memorial was dedicated in Washington, D.C., with substantial American Legion financial support. Some 150,000 veterans were there to see, as Brieden explained, "what many of them felt they never really needed: a monument. Veterans of World War II saw victory as reward enough – the freedom that emerged from their sacrifices, the prosperity of the 20th century, a world saved from dictatorship, imperialism, the Holocaust."

The memorial, he explained, is for us and those yet to come "who must always know our planet once stood at the precipice of a second Dark Age, one that human civilization might have spent centuries fighting to overcome. Thank God the veterans of World War II were strong enough, brave and willing to fight to the death – with no turning back – for my freedom, for that of my children and grandchildren, and all their future generations."

The end of their war began a new America and, with that, a new era for The American Legion.

Jeff Stoffer is editor of The American Legion Magazine.

Evaporated milk, donated by The American Legion, is loaded onto the Friendship Train in Chicago. American Legion Archives

Nov. 7, 1947: Spurred by an idea from Washington syndicated columnist Drew Pearson, the Friendship Train begins a month-long journey across the United States, collecting canned foods, evaporated milk, soap, dry noodles, flour, beans and other non-perishable foods to send to war-torn France. American Legion posts along the route help with the collections, and a new car is added to the train in nearly every community. In gratitude, French veteran Andre Picard organizes a Merci Train loaded with dolls, china, art, historical documents and artifacts, along with letters of thanks. Among the items sent to the United States is the last flag left flying in Le Havre after the city was destroyed in World War II; it is presented to The American Legion National Headquarters.

Oct. 12, 1950: Erle Cocke Jr. of Dawson, Ga., who was wounded three times and escaped German captivity three times during World War II – once having been shot multiple times and left for dead among the corpses of his fellow soldiers – becomes the youngest American Legion national commander, at 29. American Legion Archives

Jan. 30, 1995: In response to public outcry led by The American Legion, the Smithsonian Institute announces plans to cancel "The Last Act: The Atomic Bomb and the End of World War II," a National Air and Space Museum exhibit featuring a portion of the B-29 bomber *Enola Gay*, which dropped the war-ending bombs on Japan, on Aug. 6 and Aug. 9, 1945.

Plans to present the exhibit in a biased way – highlighting the death and destruction of the U.S. bombing without context – had led to a May 1994 American Legion resolution opposing the exhibit as planned. The American Legion worked with the Smithsonian for several months until a decision was made to cancel the exhibit. The National Air and Space Museum now displays the full *Enola Gay*, without biased interpretation, at its Steven F. Udvar-Hazy Center near Dulles Airport in Chantilly, Va.

May 29, 2004: The National World War II Memorial is dedicated in Washington, D.C., supported by more than $4.5 million in donations from the American Legion Family. Wikimedia Commons

Aug. 23, 2017: A resolution is passed at the 99th American Legion National Convention in Reno, Nev., to exempt surviving World War II veterans from VA means testing to receive health-care services. Legislation in support of the resolution is introduced in 2020.

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OUR WWII STORY

Legiontown site collects, shares personal glimpses from WWII

This spring, in anticipation of the 75th anniversary of the end of World War II, The American Legion debuted the "My WWII Story" category on the Legiontown website for veterans – or their relatives – to tell their stories. Below are highlights from the submissions, some of which will appear in future issues of *The American Legion Magazine*. New submissions are welcome at **legiontown.org/share**.

Courtesy Edward Ucinski III

World War II drawing from Stalag VII A

"One of the things my grandfather kept in his belongings was this drawing. He never told me the history behind it, but it looks like it was from when he was in the POW camp. It has the name of the artist in one corner and 'Stalag: VII A' in the other. It was one of the few things he had from his World War II days. I wished he would have told me this part of his story."

Edward Ucinski III, *on his grandfather, Edward F. Ucinski Sr.*

Paratrooper happy to share his story

"After calling to make an appointment, I approached his small cottage house in Ocean Springs. The first thing I noticed was a wooden walkway to the front door. Upon opening the door, Adelchi gave me a big smile and said, 'Come in.' He was slight of stature, about 5 feet 8 inches tall, weighing about 145 pounds and 90 years of age. With a big smile he said, 'Sit down.' He was anxious to tell his story of World War II, having met Gen. Eisenhower as a member of the 508th Parachute Infantry Regiment, 82nd Airborne, and his many awards encased in a large picture frame hung on the wall, including the Bronze Star, Purple Heart and French Legion of Honor."

Richard Eckert, *historian of Emile Ladnier American Legion Post 42 in Ocean Springs, Miss.*

Mailman flew in bomber

"The lieutenants took him into the barracks and dressed him in an Army lieutenant's uniform, then smuggled him onto a bomber going up on a training flight. Dad said they flew so low that ocean spray off the waves was hitting the glass windscreen. It did not occur to him until much later that he could have been court-martialed for impersonating an officer."

Jim McCoid, *recounting an adventure of his father, M. Arthur McCoid*

Army Air Corps in C/B/I theater, flying the HUMP

"The weather in the Himalayas was known to be the most violent in the world, and nobody relished the thought of plowing through it. Hair-raising stories abounded over the punishment it meted out; in one night, 42 airplanes were lost due to weather. Many were the times when we flew with our boots lodged against the instrument panel in an effort to fight powerful wind shears to keep the airplane under control. I have to say that even experienced Army Air Corps pilots rotating overseas experienced throat-gripping fear, realizing that flying the HUMP in the (China/Burma/India) theater was where they could end up. Most went with great trepidation; I was no different."

Krieger W. Henderson III, *quoting from the autobiography of his father Krieger W. Henderson Jr.*

Photo courtesy Mike Morrison

James W. Neel, M-2/302 Infantry, 94th Division

"The men of the 94th Division got into boxcars and left the Lorient-St. Nazaire sector by rail, heading east. When they got out of the boxcars, they got into military transportation (trucks) which took them to their destination, the Saar-Moselle triangle, facing the Siegfried Switch Line. Although it was the dead of winter and they expected it to be cold, they were surprised by how cold it was and the amount of snow on the ground.

"Snow was still a novelty to Jim, coming from the hot and dry central California area, and not a pleasant one. Although they knew they were on the Saar, they didn't know much more, for as Jim says, 'They didn't give maps to privates.' Although not briefed in detail, it seemed that their mission was to hold the area where they had been dropped off. They spent about two weeks in reserve, not seeing any action. Jim had seen large numbers of U.S. tanks along the roads as they approached, but to his knowledge, they were not committed."

Mike Morrison, *telling the story of veteran and former POW Jim Neel*

Dad was armorer on original 'Hell's Angels' B-17 ground crew

"The plane flew 40 missions without ever having to turn back because of mechanical problems. Altogether, the plane with this crew completed 48 missions without having a crew member wounded or killed. After they completed their missions, the crew was sent back to the United States and went on a war bond tour. They met a lot of celebrities."

Patricia (Touhey) Casebeer, *on the experiences of her father, Ernest H. Touhey*

No souvenirs

"My dad, Sgt. Joseph Orosz Jr., was in the Army Air Corps, 37th Service Squadron (North Africa and Italy), and he was threatened that if he was caught bringing home any contraband, he would serve an additional six months. Whereas my uncle, Sgt. Steve Voytowicz, 4th Infantry Division, brought home loads of souvenirs."

Joseph A. Orosz III

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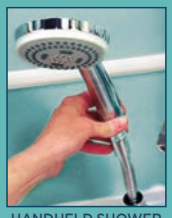
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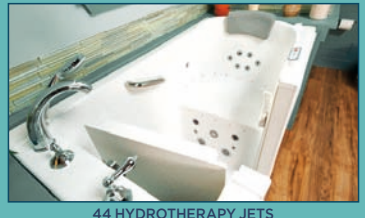
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American Legion posts named to honor those who served in World War II

Numerous American Legion posts gained new or additional namesakes from World War II. Below is a small sample from posts that have established historical profiles at **legion.org/centennial/histories**.

Nabb-Leslie Post 82, Millville, N.J. When Post 82 relocated to its current home in 1948, a formal dedication included Hannie Nabb, mother of Lt. Malvern J. Nabb, after whom the post was originally named. His mother picked the name of Pfc. Arthur Robert Leslie from a bowl containing the names of all Millville's World War II dead.

Madelyn La Canne Post 539, Green Bay, Wis. Madelyn La Canne Post 539 was named for and dedicated to the first servicewoman from the Green Bay area to die while serving her country. She was stationed at Ellington Air Field, Texas, during World War II, and died after being hurled against a building during a hurricane on Aug. 8, 1943.

Stephen C. Ludlam Post 331, Stone Harbor, N.J. Pfc. Stephen C. Ludlam was killed in action at the age of 19 near Ostheim, France, on June 19, 1945. His brother John Ludlam, an Army Air Corps member, was a charter member of the new post.

Navy Cook 3rd Class Doris "Dorie" Miller was the first Black American to receive the Navy Cross for valor during the attack on Pearl Harbor. Wikimedia Commons

Audie L. Murphy Post 336, San Antonio Audie Murphy was one of the most decorated American combat soldiers of World War II. He received every military combat award for valor available from the U.S. Army, as well as French and Belgian awards for heroism.

Arden Hanes Post 351, Hughes Springs, Texas American Legion Post 351 namesake 2nd Lt. Arden Holmes Hanes was a World War II bomber pilot. He and his crew were on submarine patrol duty when they were lost at sea, with no survivors.

Dorie Miller Memorial American Legion Post 331, Orlando, Fla., and Post 819, Beaumont, Texas Navy Cook 3rd Class Doris Miller, known as "Dorie" to friends, was born in Waco, Texas, on Oct. 12, 1919, and was serving on USS *West Virginia* when Pearl Harbor was attacked. Miller had awakened at 6 a.m., and was collecting laundry when the alarm for general quarters sounded. He headed for his battle station, the anti-aircraft battery magazine amidship, only to discover that torpedo damage had wrecked it, so he went on deck. Because of his physical prowess, he was assigned to carry wounded sailors to safety. Then an officer ordered him to the bridge to aid the mortally wounded captain. He subsequently manned a 50-caliber anti-aircraft machine gun until he ran out of ammunition and was ordered to abandon ship. On May 27, 1942, he was awarded the Navy Cross from then-Adm. Chester W. Nimitz, commander in chief of the Pacific Fleet. He was later assigned to USS *Liscome Bay*; on Nov. 24, 1943, the escort carrier was sunk by a torpedo from a Japanese submarine near Butaritari Island. Miller was officially presumed dead on Nov. 25, 1944.

Signalman 1st Class Douglas Munro, namesake of a post in Lynn Haven, Fla., was the only Coast Guard Medal of Honor recipient from World War II. Wikimedia Commons

Douglas Munro Post 356, Lynn Haven, Fla. During World War II, the six months of bloody fighting at Guadalcanal cost more than 6,000 Americans their lives. One was Signalman 1st Class Douglas A. Munro, the Coast Guard's only Medal of Honor recipient. On Sept. 27, 1942, a group of Marines was isolated from the rest of its battalion and pinned down on the beach by an overwhelming Japanese force. Munro served as a coxswain and machine gunner on a lightly armed Higgins boat. Munro and Petty Officer Raymond Evans fired at the enemy, and all of the Marines, including 23 wounded, were evacuated. Minutes after getting the last man on board, Munro was killed providing covering fire from his exposed position.

Goodrich-Caldwell Post 6, Hallowell, Maine On July 7, 1947, a new name was chosen to include three brothers from Hallowell who were killed in action. Cpl. Cecil R. Caldwell and his brother Pfc. Maurice H. Caldwell were killed on the same day, serving with the 103rd Infantry Regiment, in the Solomon Islands. Sgt. Frank H. Caldwell served with the 311th Infantry Regiment, 78th Division, and was killed in Germany in March 1945.

McSween-Johnston Post 73, Picayune, Miss. George S. Johnston was mortally wounded while serving as a boilermaker aboard the destroyer USS *Jacob Jones*, which was sunk with two torpedo hits off Cape May, N.J. on Feb. 28, 1942.

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OUR WWII STORY

Boys State alum on quest to tell WWII stories

California American Legion Boys State alum Rishi Sharma interviews "Bazooka" Joe Pietroforte, who disabled two German tanks to save his company. Courtesy Rishi Sharma

Four-year journey nets more than 1,100 interviews

Rishi Sharma is a 22-year-old on a mission to preserve all possible memories of World War II combat veterans still among us.

While attending high school in Agoura Hills, Calif., he watched videos of World War II veterans and read Stephen Ambrose's "Citizen Soldiers." Inspired by the veterans' stories, Sharma proceeded to call some and request interviews.

Four years later, he continues to document as many first-person testimonies as possible, pausing only briefly during the pandemic. To date, his nonprofit – Heroes of the Second World War – has collected more than 1,100 stories.

His filmed interviews are given to the veterans, as well as to museums and universities so they can be viewed by future generations.

Sharma, whose parents immigrated to the United States in the 1970s, spoke to *The American Legion Magazine* about his project, his experience at California Boys State and more.

What is your World War II veterans project?

I'm on a mission to interview and film all combat veterans of the United States and Allied countries of World War II. I figure this is my life's purpose now. I haven't been home in almost four years.

What fuels your passion for this?

It's the personal narratives that will really move people and make them more empathetic to the veterans, and understand what they go through for the price of freedom.

What did you learn from California Boys State that helped you?

I learned so much from Boys State. It was really cool because I was an outcast in my high school. I didn't go to parties, so I guess I wasn't cool. At Boys State, I met a bunch of young men who genuinely wanted to make a positive impact in their own areas all across California – people like me. We wanted to do something positive with our lives. Boys State reaffirmed just how proud I am to be born and raised in the United States. Being an American has nothing to do with your skin color, your religion or your creed, or your economic level. It has everything to do with your mindset. Whether you are a first-generation American or descendants of the Pilgrims, being an American means having an optimistic outlook on the future and that nothing is too hard. The American Legion helped me because that was reinforced at an important time in my life. Boys State did not inspire me directly to do these interviews because I was already doing them, but it did reinforce my belief in this country.

How has the coronavirus affected your project?

The coronavirus is terrible. It has definitely changed things. I've verified that I do not have it and have taken precautions. I wear a mask, use hand sanitizer and have the veterans mic themselves up. I do a lot more interviews, either outside, via Zoom or over the phone. There was a period of time when I was not able to do interviews. It was weird because I have been doing them almost every day for four years.

What are your plans going forward?

I am going to be interviewing World War II combat veterans from the Allied countries as long as there are veterans to interview. It's incredible to look someone in their eyes and see the hell they went through, days on end for years, so that someone like me could have a chance at the future. I feel strongly that these are stories that need to be preserved properly. I'm going to keep interviewing veterans, who are comfortable, in person, as long as I keep my distance. I'll do phone interviews with the others. We have the technology to keep moving forward. The coronavirus is not a valid excuse for not documenting the World War II veteran.

For more information, visit ***heroesofthesecondworldwar.org****. If you wish to contact Sharma, he can be reached at* ***(202) 315-8743****.*

– Henry Howard

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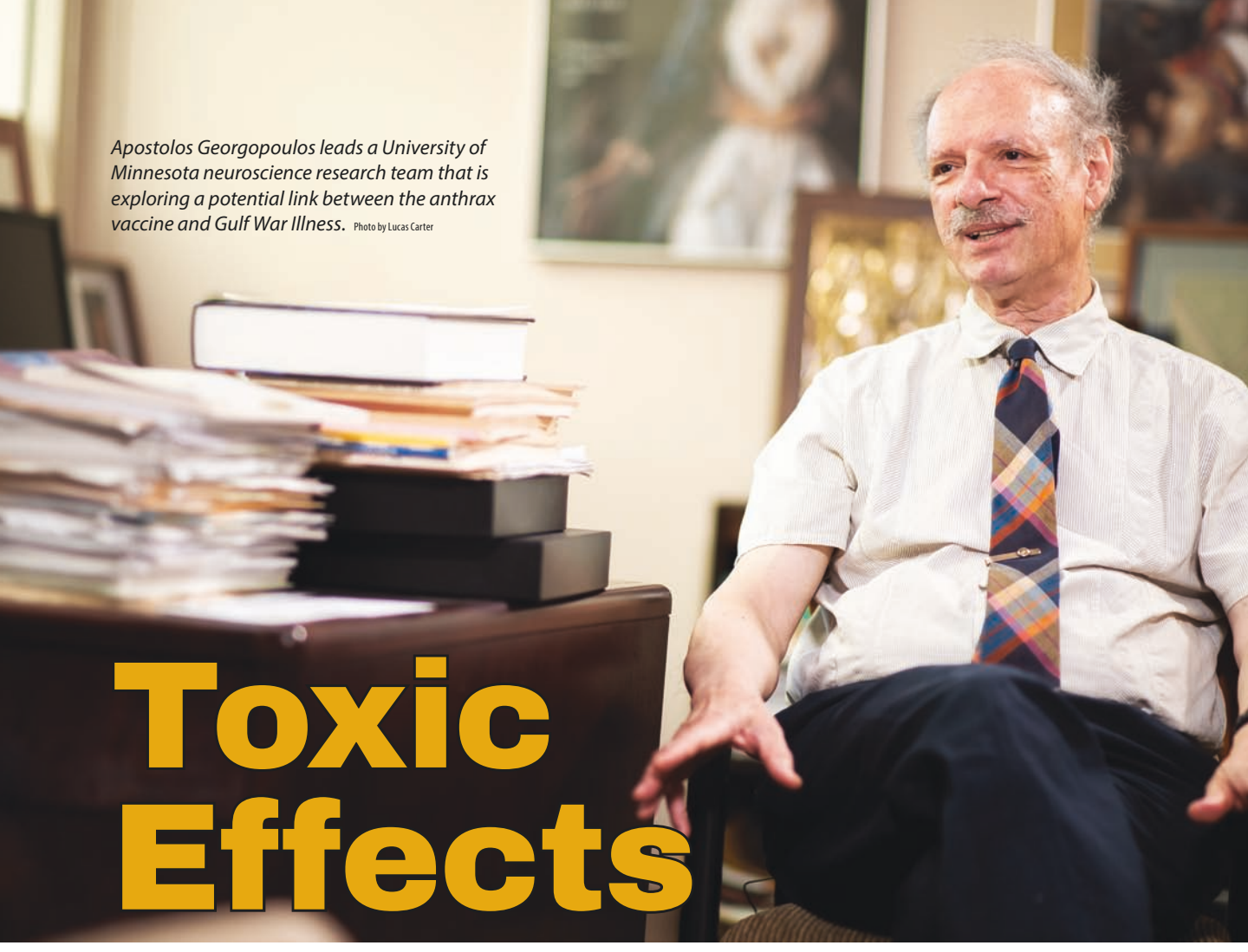

Apostolos Georgopoulos leads a University of Minnesota neuroscience research team that is exploring a potential link between the anthrax vaccine and Gulf War Illness. Photo by Lucas Carter

Toxic Effects

A University of Minnesota study suggests the anthrax vaccine is a big contributor to Gulf War Illness. Other experts call the findings inconclusive.

BY KEN OLSEN

Some Gulf War veterans are suffering lingering consequences of the anthrax vaccine they received 30 years ago because they lack the genetic tools to deal with toxins in the inoculation, a University of Minnesota (UM) neuroscience research team says. These former servicemembers face increasingly serious health problems similar to those suffered by other veterans who have been diagnosed with Gulf War Illness (GWI).

"They lack very specific genes that would enable them to manufacture antibodies against the anthrax antigens," says Apostolos Georgopoulos, American Legion Chair of Brain Sciences at UM, research team leader and recipient of the Legion's 2017 Distinguished Service Medal. "These antigens (toxins) stay in the lymph nodes for decades" and continue to make veterans sick.

Other GWI experts are skeptical of UM's findings. And the team is struggling to find funding for a more comprehensive study of the potential link between the anthrax vaccine and the disease.

Approximately 200,000 Gulf War veterans suffer from GWI. There's extensive research tying the illness to neurotoxic exposures including oil-well fires, pesticides and an experimental medication called pyridostigmine bromide (PB) given to troops to protect them from possible nerve gas attacks. Gulf War veterans were also exposed to chemical weapons when coalition forces destroyed Iraqi ammunition dumps.

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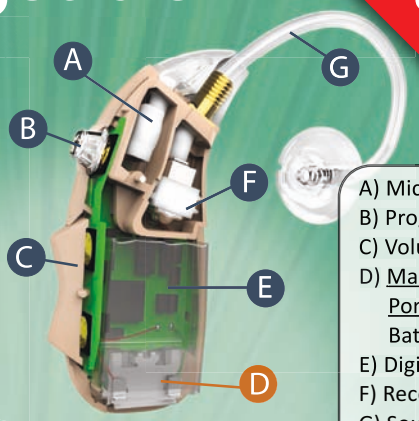

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The UM researchers believe there's another cause. U.S. servicemembers were given as many as 20 vaccines to protect them from diseases ranging from cholera to yellow fever in case of biological weapons attacks during the 1991 invasion of Iraq. "If you were called up at that time, you were given every vaccine in the refrigerator, including some that were not FDA-approved," says Brian Engdahl, a researcher at UM's Brain Sciences Center.

The UM neuroscience research team has performed blood tests, brain scans, and mental and physical health evaluations of hundreds of Gulf War veterans over the years. Last year, the researchers decided to examine the immune system response genes of some of the sickest servicemembers in their research cohort.

The anthrax vaccine study involved 15 veterans with GWI and was funded in part by the American Legion Department of Minnesota's Brain Sciences Chair endowment. All but one of the 15 former servicemembers deployed to the Persian Gulf conflict. Blood tests showed that all had anthrax antigens in their blood. And all lacked the genetic tools to deal with the antigens – or toxins – they received in the vaccine.

The key is a deficiency in the human leukocyte antigen (HLA) complex on chromosome 6. "That determines the lion's share of your body's immune system response capacity," Engdahl says. When veterans lack certain HLA genes, they can't produce antibodies that would make them immune to anthrax. Thirty years later, the anthrax antigens continue to circulate in their bloodstreams and continue to make the veterans sick, Georgopoulos adds. But the team believes the anthrax antigens can be removed from their blood using plasmapheresis, stopping the disease.

UM researchers say they believe some of the other vaccines the U.S. servicemembers received are also making them sick because of the same genetic deficiency. "The anthrax vaccine is probably the most toxic," Georgopoulos says. "It's also the vaccine veterans couldn't have gotten from any other source. You have to be in the military."

Brian Zimmermann, who served with the Army's 1st Infantry Division during the Gulf War and has participated in other UM studies, is encouraged by the findings although he was not part of this project. "Knowing the people, I have absolute, 100 percent confidence in their work," says Zimmermann, a member of Lee Goldsmith American Legion Post 201 in Mora, Minn. "Dr. Georgopoulos is relentless and he's staying on top of it."

Still, a comprehensive study of a larger cohort of Gulf War veterans is needed to validate the anthrax vaccine findings. That's on hold because of a lack of research dollars. "All the funding goes to toxic exposure," Georgopoulos says.

The UM team says it isn't discounting the adverse health effects of neurotoxins Gulf War veterans were exposed to during the conflict. Instead, they believe their research shows the anthrax vaccine is an additional cause of GWI and helps explain why some servicemembers who didn't deploy also suffer from the disease. "In our view, those (environmental) exposures acted as enhancers of the toxic effect that persists in anthrax and other vaccine antigens," Georgopoulos says.

Other GWI researchers say the UM study isn't conclusive, in part because it involved only 15 veterans. "It's a tiny sample size," says Roberta White, professor and former chairwoman of environmental health at the Boston University School of Public Health and former scientific director of the Research Advisory Committee on Gulf War Veterans' Illnesses. "They don't say how the 15 'Gulf War Illness participants' were diagnosed, and there is only one control. And there's no comparison to other predictors of Gulf War Illness, like chemical exposures."

In addition, past research has concluded that receiving the anthrax vaccine was not a major contributor to the development of GWI, says White, who has been studying these health problems since shortly after the first veterans returned from the conflict.

"One of the hardest things to figure out is the effects of specific exposures, because it was a mixture of exposures," she says. "Maybe anthrax could be a part of that, but I don't think a study with 15 people establishes that."

Gulf War veteran Anthony Hardie, national chair and director of Veterans for Common Sense, is likewise skeptical.

"From the perspective of a Gulf War veteran with Gulf War Illness who has extensive involvement in Gulf War Illness research, this study does not say a lot for Gulf War veterans," Hardie says. "Perhaps it means something. Perhaps it doesn't. It's just too early to tell."

Ken Olsen is a frequent contributor to The American Legion Magazine.

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PRESENT TENSE FUTURE BRIGHT

COVID-19 is a pressure test for Americans, fully ushering in the digital era.

BY STEVE BROWN

Getty

Coronavirus has changed the world. But when the pandemic is finally banished to our memories, we may find it improved our lives in unexpected ways. While the death toll is staggering and sobering, the legacy of coronavirus will include several silver linings that help to temper the many destructive downsides.

To understand what life might be like in a post-pandemic world, we must understand what it is we're going through right now and consider how systemic shocks like the Great Depression, war, economic downturns and the 9/11 terrorist attacks affected us.

COVID-19 has been a test of our society, our economy, every business and every person on earth. And it will continue to test us for some time to come. It's important to recognize that we will not return to "the before times" of December 2019.

The unstoppable modern world turned out to be stoppable. For a time, the economy ground to a halt, and things we took for granted – time with friends, chance encounters, a visit to the hair salon – evaporated before our eyes.

To reveal problems in newly built pipelines, engineers run a pressure test and look for leaks. This pandemic is a pressure test for our society. It has revealed or highlighted the weaknesses of our modern world: inequality, poor governance, frail businesses, even weak relationships. This societal fragility caught many by surprise.

Government Melts Over 270 Million Silver Dollars

But collectors get an unexpected second chance

Actual size is 38.1 mm

It's a ***crime.***

Most Americans living today have never held a hefty, gleaming U.S. silver dollar in their hands.

Where did they go? Well, in 1918, to provide aid to the British during WWI, the U.S. government melted down nearly half of the entire mintage—over 270 million silver dollars. If all those missing silver dollars could be stacked, they would tower over 400 miles into the sky! If laid in a chain, they would span 6,400 miles—enough to stretch from New York to Los Angeles more than 2½ times!

These vanished coins were not just any silver dollar–they were America's largest circulated coin, the beloved Morgan Silver Dollar. Each Morgan Dollar is struck from nearly an ounce of 90% fine silver and measures a massive 38.1mm in diameter. Morgan Silver Dollars were the engine of the American dream for decades. Created by famed American coin designer, George T. Morgan, they feature Lady Liberty's radiant profile and a majestic eagle, symbols of American strength and prosperity. Since their inception in 1878, they jingled in the pockets of famous and infamous Americans like John D. Rockefeller and Teddy Roosevelt, and desperadoes Jesse James and Al Capone. Today, Morgan Silver Dollars are one of the most collected coins in America.

Lady Liberty takes a Final Bow

Just three years after the massive meltdown, the government gave the Morgan Silver Dollar a final chance to shine. In 1921, facing a serious shortage, the mint struck Morgan Silver Dollars for one more brief, historic year. Today, the last-ever 1921 Morgan Silver Dollar belongs in the hands of collectors, history buffs, or anyone who values the artistry and legacy of this American classic.

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By revealing the strengths and weaknesses in our society, COVID-19 offers us an opportunity to watch and learn, to double down on the things that work well and shore up the things that don't. So, what have we learned?

The U.S. economy can take a punch.

The Treasury was able to conjure up trillions of dollars and pump them into the economy to keep it afloat. By the time we're done, it may pump in a couple trillion more. Whether we have a V-shaped, U-shaped or other-shaped recovery, the entire world is counting on the United States to bounce back. Just as we rely on China, India, Vietnam, Mexico and other countries to supply us with goods, they rely on us to buy them.

Domestic American consumption makes the world go around. U.S. travelers contribute, too. European countries expect over 20 percent fewer visitors as U.S. travelers are benched for 2020. The global economy needs us to keep spending and to maintain a buoyant domestic economy if we are to avoid a broader economic meltdown. The rest of the world is dismayed by our handling of the pandemic, but it's rooting for us to succeed.

Creative destruction is painful but brings long-term improvements.

Some industries have been hit harder by coronavirus than others. Hotels, restaurants, bars, travel, non-grocery retail, ridesharing, amusement parks, cinemas and the performing arts – all industries that rely on close human contact – have been devastated by the sustained need for social distancing. Broadway will stay dark until 2021, and bleak estimates abound that suggest 20 to 30 percent of retailers and 40 to 60 percent of restaurants will close their doors by the end of this year.

Amid the retail carnage, there will be opportunity. Like a brush fire clears away forest debris to enable new plants to flower and flourish, the pandemic will clear away inefficient, lower-quality and weak businesses to make way for the new.

There's no doubt that this will be a painful and difficult process for the people directly involved. It doesn't feel good being the old when you're being cleared out for the new.

We will all lose some of our favorite restaurants, but the post-pandemic world will be filled with great new ones that pop up to replace those that didn't survive, bringing new jobs with them.

What applies to restaurants applies to all other businesses, too. COVID-19 has revealed weaker businesses that were never likely to survive in the long term. As Warren Buffett says, "It's only when the tide goes out that you learn who's been swimming naked."

Digital technology makes businesses more resilient.

Well-run, strong businesses are more likely to navigate the pandemic than weak ones. These companies are willing to adapt and embrace new ways of doing things. Digitally oriented companies have proven far more resilient than those that have resisted the digital revolution.

I recently bought printed cardboard boxes for mailing my latest book to reviewers and influencers. I went online, designed the boxes, viewed them in 3-D, made edits, communicated with customer service via internet chat, and purchased them without leaving the comfort of my office. That company, Packola, demonstrates that even traditional industries like manufacturing can embrace the digital era.

If they want to survive and thrive, every company must ensure its customer journey – the way customers discover, consider, buy, get service from and remain loyal to a brand – is 100 percent digital, end to end. Consumers were already demanding this convenience, but in the era of COVID-19, digital is now an essential component of every business.

The widespread embrace of digital technology forced by the pandemic will make companies more efficient, boost convenience for consumers and eventually reduce prices.

COVID-19 is the great accelerator, and the great defroster.

The pandemic has hastened many changes that would have come anyway. Automation projects are being accelerated, in part because robots don't get sick. Digital transformation is speeding up because digital stores don't get overcrowded and employees can work from anywhere.

Innovation is the mother of necessity, and we should expect a lot of positive developments to come out of these circumstances. There's precedent for this: World War II led to the development of modern air travel, satellite communication and antibiotics. COVID-19 will fuel innovation, too.

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The necessity of change unfreezes businesses and institutions stuck in their ways because of tradition, regulation, inertia, risk aversion or good old complacency. For example, the education sector has had to embrace distance learning, and health care has seen a huge shift toward telehealth as people avoid the "cough-o-rama" of the doctor's waiting room and connect via video chat. Forrester Research predicts up to 1 billion U.S. telehealth visits in 2020.

There's no putting the genie back in the bottle. Once COVID-19 is in the rearview mirror, education and health care will likely maintain a significant digital component.

While there's no substitute for in-person tuition or care, digital platforms are more convenient, more efficient, more scalable and lower-cost. A hybrid of face-to-face connection and high-quality digital capabilities may turn out to offer a compelling model for the future.

The rapid shift toward using digital devices to talk with doctors or teachers will open the floodgates to more innovation. New connected devices in the home will help patients with chronic diseases monitor and manage their symptoms. Teaching talent may become less tethered to specific institutions, giving students access to the best specialist teachers on specific topics in addition to those who work at their school.

By embracing digital technology, the cost of quality higher education may tumble, and access could significantly increase. At a time when we must reskill or upskill millions of people so they can fully participate in the 21st-century economy, that's an important silver lining.

"Anywhere" workers will redefine the economy.

Remote or "anywhere" work is likely to get a long-term boost from COVID-19. The pandemic exploded the myth that remote workers slack off when not under the watchful eye of a supervisor.

While not all people can work remotely, for those who can, working from home has become the new default. Visits to the office will become the exception to the rule – for collaborative work sessions, to build personal relationships, and to benefit from the serendipity of chance meetings in the café. Some will make the trek to escape a noisy home environment or because they enjoy some separation between work and home life. But for many Americans, working from home will be part of their next normal. The benefits of this shift will be profound: reduced traffic, lower greenhouse gas emissions, and less time and stress expended on the daily commute.

Employers will benefit, too. More floor space can be devoted to collaboration zones and less to offices and cubicles. Real-estate footprints may shrink, saving cost. Talent pools will expand from the commutable zone surrounding a company to literally anywhere on earth, which gives managers access to the best talent available.

Serious conversations are under way at many companies on the viability of a shift from an "office-first" to a "remote-first" or "zero footprint" model. Not great news for the commercial real-estate industry, but there are societal benefits to be had. Remote work distributes wealth creation into far-flung communities as "anywhere" workers flee major economic hubs in search of a different quality of life. Rural areas will benefit as workers relocate away from expensive, crowded cities and come to spend money in small, local economies. Home prices in cities may stabilize or drop, increasing the affordability of housing and reducing homelessness.

With satellite constellations due to blanket the entire surface of the earth with high-speed internet connectivity in the coming five to 10 years, the digital divide should narrow, and new work options will emerge for many people around the world. Young people with an internet connection growing up in a remote rural locale will no longer feel they have to abandon their communities in search of economic opportunities.

Another result of this shift in work is that economically depressed but attractive locations will compete to roll out the welcome carpet to "anywhere" workers. Barbados recently announced it is exploring the launch of a 12-month "digital nomad" visa to entice people to its shores.

For many, the result of COVID-19 will be increased flexibility and a different way of living.

Physical work will remain tethered to location.

For physical workers – restaurant, construction, retail, agricultural, manufacturing and other workers who must be physically present to perform their jobs – it will be a slower return to work. Employers must earn back every worker's trust and offer the safest environment possible.

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An upside of COVID-19 has been a greater appreciation of how vital many unseen workers are to society. The terms "essential" and "front-line worker" define the innate value many physical workers bring. The open question is whether we will acknowledge this value by paying physical workers more fairly for their contributions.

For U.S. businesses, it's survival of the fittest.

COVID-19 grabbed every leader's attention and sent them scrambling to make their businesses more resilient and prepared to face the next big challenge.

By cross-training staff and putting succession plans in place, companies can maintain smooth operations even when someone needs to step aside for a while, or leaves the company. Many are starting to diversify their suppliers to reduce their reliance on any one region, country or company. Lean businesses will seek to boost their cash reserves and negotiate more flexible contracts to increase their financial resilience and avoid the bust-and-boom layoff/rehiring cycle when tough times return. Such changes, made in response to the pressure test offered by COVID-19, will stand these companies in better stead for the future.

Don't be surprised if large companies with centralized campus headquarters begin to distribute themselves geographically to reduce the risk presented by a localized disaster. A major Cascadia earthquake affecting Seattle and Portland, Ore., would pose a major challenge to companies such as Amazon, Microsoft or Nike. Geographic diversification will spread economic opportunity more broadly as satellite facilities open across the country.

It will take some time to restore consumer trust.

We will all need to learn to live with the ebb and flow of the virus if and when it spikes and sends us back into lockdown. Airlines, restaurants, bars, concert venues, theme parks, cruise ships, public transportation – any spaces that cram humans close together – will need to win back our shattered trust.

With great takeout options and a cold six-pack of beer in the fridge, will we ever go back to restaurants and bars? Will we venture back to offices when we can work from home and skip the commute? Will we go back to concerts and sporting events when we can watch them on TV or experience them on the couch in the wonderful world of virtual reality?

Yes, we will. Humans are first and foremost social animals with a fundamental need to connect with others. To gather. To fuel our curiosity. To explore, travel and experience new things. Look no further than the millions of Zoom happy hours, people enjoying socially distanced conversations while sitting on camping chairs in the park, and the hordes of folks who packed bars and beaches when it wasn't prudent to do so.

When the need for distancing has passed, our craving for connection will bring people together again. Bars, restaurants and coffee shops will be full, and we will be reminded of just how much we have missed it all.

We have a new appreciation for the great outdoors.

The pandemic has led many to rediscover the outdoors as an alternative to the indoor activities that tend to fill our lives. More people are running, biking, and hiking, and the use of public parks, rivers and lakes is up. Many cities have granted permits for restaurants to create outdoor dining in place of street parking. Hopefully, many of these changes will last. Smart city planners may even close some street segments to traffic and convert them into outdoor eating and pedestrian zones, making cities more walkable and livable.

Despite the significant challenges presented by the pandemic, people have found ways to maintain and strengthen connections with the people they love, reaffirming our basic humanity. We come together for everything from socially distanced tailgates in the local Walmart parking lot to Zoom dinner parties and FaceTime sleepovers.

Good-hearted people regularly check in on folks who live alone. Others offer to pick up groceries for elderly neighbors. We must take heart in the incredible resilience and extraordinary goodness of people during this unusual time in history.

Remember that this too shall pass. And when it does, unexpected silver linings may actually have reshaped our world for the better.

Steve Brown is a futurist, keynote speaker, author and adviser with over 30 years of experience in high tech. He is the author of "The Innovation Ultimatum: How Six Strategic Technologies will Reshape Every Business in the 2020s" (Wiley).

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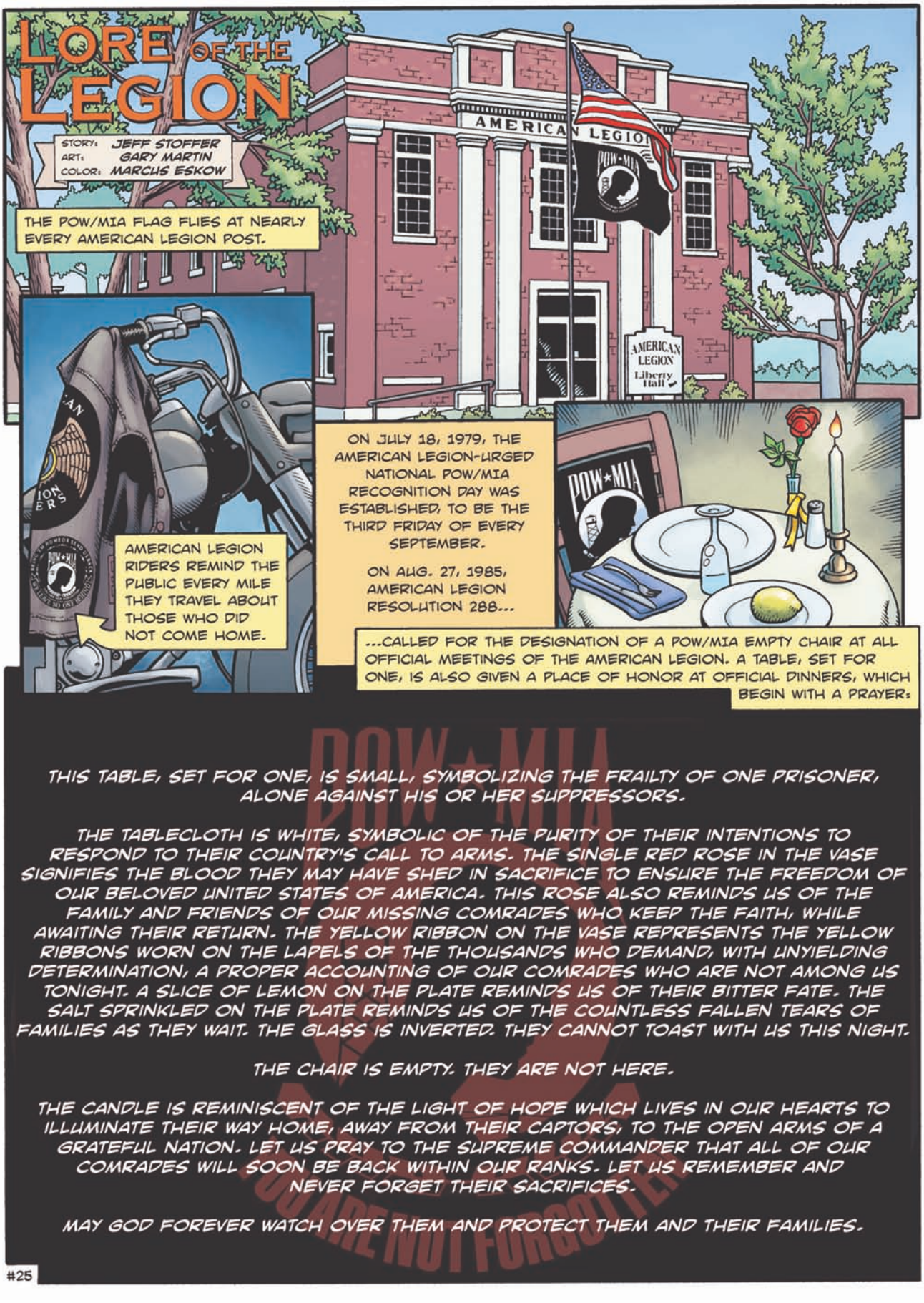
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"We found that suicide prevention starts while they're still in (service). The biggest thing that causes these suicides is that they lose their belongingness when they get out of the service. If we eliminate the stressors before they happen, we may be able to reduce veteran suicide."

Dave Conley, American Legion Rider and member of Post 113 in Meridian, Idaho

American Legion Family members participate in the Out of the Darkness Campus Walk at the University of Akron on April 28, 2019.
Photo by Schelly Stone

VETERAN SUPPORT

Department of Idaho launches 'One More Day' program

"One more day."

Dave Conley, an American Legion Rider and member of Lloyd E. Hutcheson Post 113 in Meridian, Idaho, hears those three words a lot when speaking with families who have lost a veteran to suicide. The conversations always center on a wish for more time to help their loved one through the feelings of hopelessness and despair.

"That became my mission in life, to give them that one more day," Conley says.

A new program initiative by the American Legion Department of Idaho and American Legion Riders, "One More Day" aims to reduce the state's veteran suicides by connecting Legionnaires certified in suicide intervention and prevention training with veterans identified as at-risk. When a 911 call is received, a Veteran Dispatch Team will be contacted and sent to the scene with law enforcement.

"We want as little time as possible between our notification and our arrival," says Conley, vice chairman of the Department of Idaho's One More Day Committee. "Our ultimate goal is to be his or her advocate. Our job is to get them through the night ... one more day. Then we turn them over to a higher level of treatment," whether that's VA, counselors or the nearest mental health facility.

The program's first phase includes:

- **Extensive volunteer training.** At least one Veteran Dispatch Team member will be certified in ASIST (Applied Suicide Intervention Skills Training). With the help of local VA suicide prevention counselors, that person will then train and certify American Legion team volunteers statewide. "We're there for the veteran," says Abe Abrahamson, Department of Idaho adjutant. "We're here to get that veteran through that crisis and to the next step of help."
- **Community buy-in.** The One More Day Committee is communicating with mayors, chiefs of police and sheriffs about the program, and how volunteers and officials can work together. Conley calls the buy-in "phenomenal."
- **Access to bases.** Believing suicide prevention starts before a person leaves the military, the committee wants to make contact with servicemembers at Mountain Home Air Force Base and the Idaho Army and Air National Guard prior to their transition to civilian life, Conley says.

– Cameron Richardson

Photo courtesy American Legion Department of Wisconsin

DEPARTMENT OF WISCONSIN USES VIRTUAL EVENT TO PROMOTE VETERAN SUICIDE AWARENESS

Walkers, runners and bikers from several states came together virtually on July 17 to support the Wisconsin American Legion's Engage22 Suicide Awareness event.

"Some people don't realize how real PTSD and TBI is," says David Wischer, Department of Wisconsin commander. "The only people who can really understand it is fellow veterans. We want to make the message clear that The American Legion is here to assist you. With suicide awareness, it's forward together. When we were serving, that's how we got things done. You couldn't do it on your own."

Whether they completed a 22-mile bike ride or a 2.2-mile run or walk, participants were encouraged to be creative and share their story through social media channels using the hashtags **#wilegion**, **#engage22** and **#22aday**.

Each participant paid a $15 registration fee and received an Engage22 T-shirt. The event raised nearly $5,000 for Department of Wisconsin programs that support veterans suicide awareness.

The idea behind the T-shirt is to generate conversations about veterans suicide awareness, Wischer says. "People will ask, 'What is that shirt about?' For people to be able to discuss it with one more person, we're farther ahead than we were before. It may change somebody's life, or a family. Our hope is one at a time."

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GALLERY

A Helicopter Sea Combat Squadron 3 chopper combats a massive blaze aboard the amphibious assault ship USS Bonhomme Richard *(LHD 6) in San Diego on July 14. Forty sailors and 23 civilians were treated for minor injuries. The warship was undergoing maintenance and upgrades to accommodate Marine Corps F-35Bs. Military experts say the tragedy deals a serious blow to the Navy's war-fighting requirements.*

U.S. Navy photo by Mass Communication Specialist 3rd Class Garrett LaBarge

BY THE NUMBERS

59 Percent of Russians who say they support Vladimir Putin (lowest level since September 1999)

47 Percent of Russians who say they support Vladimir Putin's plan to extend his rule until 2036

Source: Reuters

VERBATIM

"John Lewis was an American treasure. He gave a voice to the voiceless, and he reminded each of us that the most powerful nonviolent tool is the vote. Our hearts feel empty without our friend, but we find comfort knowing that he is free at last."

United States House of Representatives

Martin Luther King III, on the legacy of civil-rights icon Rep. John Lewis, D-Ga., who died July 17 at 80. The son of sharecroppers, Lewis was the last living member of the "Big Six" who organized the March on Washington in 1963. He marched alongside Dr. Martin Luther King Jr. and was nearly beaten to death by police on the Edmund Pettus Bridge in Selma, Ala., on "Bloody Sunday." Lewis served nearly three decades in Congress, where he continued to speak against racial and social injustice.

HEALTH

COVID's other costs

COVID-19 will likely force 28 million elective surgeries to be delayed by the end of 2020 globally, HealthDay reports, citing a new study published in the *British Journal of Surgery*.

"Cancellations place a heavy burden on patients and society," according to study author Aneel Bhangu, a surgeon and senior lecturer at the University of Birmingham in Britain.

Indeed, many of the procedures are hardly "elective," as the study's research team estimates that 2.3 million cancer surgeries and 6.3 million orthopedic operations will be postponed due to hospital policies and government orders related to COVID-19. In the United States alone, more than a million surgeries are performed every month.

FOREIGN AFFAIRS

Russian troops help Maduro

Russian special operations personnel have deployed to Venezuela to hunt down individuals connected to the group that tried to mount a military coup against the regime of Nicolás Maduro, Reuters reports. The Russian commandos are operating drones to aid the search. At least 31 people have been arrested in the wake of the botched invasion, including two Americans not with the U.S. military or government. In addition, eight people were killed in the failed coup.

Official Approved Notice from Bankruptcy Court

Sexual Abuse Claims in Boy Scouts Bankruptcy

Regardless of how old you are today or when the sexual abuse occurred, you need to file your claim by 5 p.m. (Eastern Time) on November 16, 2020.

The Boy Scouts of America ("BSA") has filed bankruptcy in order to restructure its nonprofit organization and pay Sexual Abuse Survivors. Please read this notice carefully as it may impact your rights against BSA, BSA Local Councils and organizations that sponsored your troop or pack and provides information about the case, *In re Boy Scouts of America and Delaware BSA, LLC*, No. 20-10343 (Bankr. D. Del.). This notice is a short summary. For more detail, visit www.OfficialBSAClaims.com or call 1-866-907-2721.

Who Should File a Sexual Abuse Claim?

Anyone who was sexually abused during their time in Scouting, on or before February 18, 2020, must file a claim. This includes sexual abuse in connection with Boy Scouts, Cub Scouts, or any entity or activity associated with Scouting. Sexual Abuse Claims include, but are not limited to: sexual misconduct, exploitation, or touching, sexual comments about a person or other behaviors that led to abuse, even if the behavior was not sexual or against the law, and regardless of whether you thought the behavior was sexual abuse or not. These acts could be between a: (1) child and an adult or (2) child and another child.

When and How Should I File a Sexual Abuse Claim?

You should file a claim using the Sexual Abuse Survivor Proof of Claim by **November 16, 2020** at **5:00 p.m.** (**Eastern Time**). **If you do not file a timely Sexual Abuse Claim, you may lose rights against BSA, BSA Local Councils or organizations that sponsored your troop or pack, including any right to compensation**. Only BSA is in bankruptcy. If you have a claim against the BSA Local Councils or other organizations, you must take additional legal action to preserve and pursue your rights.

Your information will be kept private. You can download and file a claim at www.OfficialBSAclaims.com or call 1-866-907-2721 for help on how to file a claim by mail. Scouting participants who were at least 18 years of age at the time the sexual abuse began may also have claims related to sexual abuse and should consult the appropriate claim form at www.OfficialBSAclaims.com.

ACT NOW Before Time Runs Out:

File a Sexual Abuse Survivor Proof of Claim.

If your claim is approved, you may receive compensation from the bankruptcy.

Have questions? Call or visit the website for more information.

If a plan to reorganize BSA is approved, it could release claims you hold against certain third parties, including against BSA Local Councils and organizations that sponsored your troop or pack. Please visit the website to learn more.

Other Support

BSA will fund in-person counseling for current or former Scouts or their family. To request in-person counseling, please call 1-866-907-2721 or email restructuring@scouting.org.

Your information will be kept private.

www.OfficialBSAclaims.com 1-866-907-2721

MEDIA

Legion podcast tackles critical issues for veterans

The American Legion's Tango Alpha Lima podcast, launched April 1, is steadily growing its audience. The weekly episodes focus on hot topics in the veterans community. Some feature the three co-hosts sharing their viewpoints on these issues; other times, Tango Alpha Lima welcomes special guests to discuss current events.

In July, amid the national debate over race, Legionnaires and former law enforcement officers Autrey James, Hugh Crooks and Sean Powers talked about their experiences in a two-part episode.

"It is unfortunate that in 2020 we are still having this conversation, to be quite honest," said James, a Black Coast Guard veteran and member of Harding-Noia American Legion Post 161 in Antioch, Calif. He served as a law enforcement officer for 20 years and is now a deputy district attorney for Alameda County. "It's something I wish we had been able to get past and get resolved many years ago, and that is unfortunate. It is also unfortunate that there are folks who are using the opportunity brought out by this discussion to burn and loot. That is unacceptable, in my opinion."

Crooks, a former American Legion National Executive Committeeman from the Department of California, served as a police officer for nearly 30 years, including during the riots in the aftermath of the Rodney King verdict in 1992. "I was traumatized by being there because I thought I was back in Vietnam again," he said. "I saw fires, blacks and whites running all over the place. I saw helicopters. The only thing I didn't see were planes strafing buildings."

Powers, a member of 9-11 Memorial American Legion Post 2001 in New York City, was a helicopter pilot in the Army. He recalls being nicknamed "Token White Guy" when he was the only white officer in a plainclothes unit that frequently worked in Harlem and other black communities around the city.

Go to **legion.org/tangoalphalima** to listen to the two-part episode and all the others, biographies of the co-hosts and more.

Don't forget to rate and review Tango Alpha Lima on iTunes, Spotify, Stitcher and other platform-hosting sites. That helps others with an interest in patriotism, military topics and veterans issues find The American Legion's podcast.

– Henry Howard

Nicole Walker via Instagram

VERBATIM

"What you did was so brave, so selfless. Your sister is so lucky to have you as a big brother ... Keep being the man you are. We need people like you."

Chris Evans, "Captain America" actor, in a video message praising Bridger Walker, 6, who stepped in front of his 4-year-old sister when a dog attacked her. Evans promised to send an authentic Captain America shield to Bridger, who underwent a two-hour surgery that required 90 stitches. "If someone had to die, I thought it should be me," he told his parents. Source: NBC News

EDUCATION

Chapter 33 vs. Chapter 35

Q: *My husband retired from the Air Force last year and transferred his Post-9/11 GI Bill education benefits to me. I have used 24 months of the benefits. When I graduate, my husband wants to pass the remaining benefits to our son. However, he has been declared 100 percent permanently disabled, which means his dependents may receive Chapter 35 benefits. If I have received Chapter 33 benefits, does this mean I cannot use Chapter 35 benefits down the road? Better yet, if my son applies the remainder of the Post-9/11 GI Bill, could he still receive Chapter 35 benefits?*

A: Since the Chapter 33 Post-9/11 benefits were your husband's and he transferred them to you and your son, you are still be able to use Chapter 35 benefits. When you apply for Chapter 35 benefits, you will not need to relinquish any benefits unless you are a veteran and are eligible for other GI Bill benefits. Because your husband has been declared 100 percent permanently and totally disabled, you and your son are entitled to 36 months of full-time Chapter 35 benefits. VA will pay you a monthly housing allowance (MHA), assisting with the cost of tuition, fees and books.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. ***askvalerie@legion.org***

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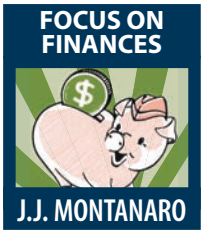
PERSONAL FINANCE

Military spouses' best financial advice



In March, my USAA colleagues and I were halfway through a MilSpouseFest event in Killeen, Texas, when we were directed to return home to San Antonio immediately. The pandemic had arrived.

MilSpouseFest is an event that unites military spouses from communities across the country. It's an opportunity for them to network, make new friends and have fun. That day, I had embarked on an effort to tap the collective minds of the 200 or so attendees for tips on how to empower military families to take control of their finances. These are the folks taking care of business on a day-to-day basis, and I knew they would have great practical advice for others.

I'd like to pass along a few of the gems shared that day, grouped by five reoccuring themes:

- **Work both ends of the budget.** I expected "budget"to bring to mind images of cutting back, cutting out or being frugal. I was surprised at the number of spouses who suggested working the other half of the budget: income. Whether it was finding a job, working a side hustle or looking for opportunities to turn underutilized stuff into cash, this shrewd group was creatively hatching a plan to spend less than they earned.
- **OK, really start planning.** Another widely shared recommendation centered around planning. A few of the suggestions for financial-planning homework included figuring out what needed to be done to retire, agreeing on goals with their spouse and making plans to save $5 a day. From experience, military spouses know that life can throw you curveballs: deployments, unexpected PCS moves, income disruption. Being able to focus on specific goals and supporting actions can go a long way toward staying afloat.
- **Take advantage of the unexpected.** The early-March timing of the event probably played a role in multiple suggestions to use tax returns to pay off debt or build savings, but that advice is evergreen. A windfall – whether a lump sum like a tax return or inheritance, or one that comes in the form of increased income – offers an opportunity to check some items off your financial to-do list.
- **Control expenses.** Years of working with military families has shown me that they can do this like no other. Typically, as with weight loss and calorie counting, just tracking expenses will have a positive effect. The most common expense-management tip: Use cash. The most common suggestion on reducing expenses: Eat out less.
- **Nurture financially savvy kids.** My wife and I have done our best to walk the talk with our kids. Still, it was exciting to see that this group was focused on teaching their children about money. From piggy banks to shopping lists, they were working to instill lifetime habits.

While these spouses' advice was given pre-pandemic, I'm sure many of their tips served them well through the economic recession that has followed – and will likely be helpful to you as we move to the other side.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

legion.org/usaa/focusonfinances

SCHOLARSHIPS

New opportunities to support Legacy Run

With the coronavirus forcing social distancing and stay-at-home orders, all American Legion national events were canceled over the summer, including the 15th annual American Legion Legacy Run – the primary fundraiser for the American Legion Legacy Scholarship Fund.

Five of the previous six Legacy Runs raised more than $1 million for the fund, which since 2004 has awarded $3.6 million in financial aid to 401 children of fallen servicemembers and disabled veterans.

To continue raising money for the Legacy Scholarship Fund during the pandemic, The American Legion has created a tiered donation program. Donations start at $15, signifying the 15th year of the Legacy Run, and entitle the donor to various souvenirs: a thank-you card signed by the national commander and American Legion Riders chairman ($15); a 15th Anniversary challenge coin ($25); a 15th Anniversary T-shirt ($50); and a Legacy Run booklet, patch and a "Quarantined 2020 Riding in Spirit" rocker ($75). Donors of $250 receive all the items listed.

The American Legion also recognizes donations of $500 or more made by individuals, posts or departments. The first $500 donor receives a plaque with a Legacy Run coin affixed. The plaque has five coin slots, and each year after every donation of $500 or more, another coin is awarded.

To donate to the Legacy Fund through this program now through Sept. 30, visit **legion.org/riders/legacyrun/donation**.

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280,** e-mail **reunions@legion.org** or submit information via our website, **www.legion.org/reunions.**

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280** or e-mail **reunions@legion.org.**

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine,* Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine,* Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

MARINES

Force Logistics Cmd, All Bns, FLSG-A&B, Tucson, AZ, 9/26-10/1, Mike Fishbaugh, (606) 789-5010, smfishbaugh@mikrotec.com; **TBS 3-72 Charlie Co,** Quantico, VA, 10/8-12, Joe Mueller, (818) 815-8331, jnm21213@yahoo.com

NAVY

ASR-ARS Rescue Salvage, Branson, MO, 10/12-17, Bill Neal, (502) 817-7246, billnealmail@gmail.com; **Illustrator Draftsman (All Units & Ships),** Melbourne, FL, 3/18-22, Allen Johnstad, (860) 924-1547, mildlywildal@yahoo.com; **NMCB 40,** Ventura, CA, 4/29-5/2, Bruce Cheek, (563) 349-4129, seabee40@csteldridge.com

LIFE MEMBERSHIP

Post 118, IN: Randell Lockett
Post 1060, NY: Lonnie Adams, Andrew Affrunti, William F. Belin Jr., Joseph Bruzese, Larry Fritcher, Richard Hyman, Joseph L. Phillips, Steve Placanica, Raymond Somerville

IN SEARCH OF

1st Eng Bn 1st Mar Div (Camp Pendleton, CA, Camp Hansen, Okinawa & Chu Lai, Vietnam, Oct 1964-Sept 1966), David Mancha, (512) 963-0338

1st Mar Div 3/5 Kilo (Vietnam, 1969-1970), Curtis Fry, (937) 539-1497, cgfry@embarqmail.com

2nd Msl Bn 82nd Arty (Corporal Msl) (Kitzingen, Germany, 1961-1963), Michael Detorie, (443) 825-6239

7th CSS Bn 199th LIB (Fort Benning, GA, Camp Shelby, MS & Long Bien, Vietnam, May 1966-Nov 1967), Bob Barclay, (804) 647-5585, bobsboatsandclubs@yahoo.com

25th SS&T Bn 25th Inf Div (Cu Chi, Vietnam, June-Nov 1967), Bob Barclay, (804) 647-5585, bobsboatsandclubs@yahoo.com

74th Ord Co (SD) & 61st Ord Grp Baseball Team (Fort Bliss, TX, Jan 1962-Aug 1964), Kenneth Ruben, (412) 341-8455

221st Avn Co 16th Avn Grp (Vietnam, 1968), Sue (Lumley) Sayre, 585 SE 550th Road, Clinton, MO 64735, (660) 477-3333

834th AD Rocket Ally ALCE (Bien Hoa, Vietnam, July 1968-July 1969), Phillip Audette, (508) 269-3856, paudette@comcast.net

1607th Comm & Electronics Sqdn, All Shops, (Dover AFB, DE, 1961-1964), Joel Gray, 1607thcomm.elect@gmail.com

B-24 "Gremlin Roost," 93rd BG, H Hardwick 104 (Akersloot, Holland, 1945), David Malcolm, 126 Fulwell Road, Sunderland, SR6 9QR, UK, dmalcolm1@sky.com

D Trp 2/17 Cav 3rd Plt (Camp Eagle, Vietnam, May 1969-Apr 1970), Bob Gramlich, robertgramlich1949@gmail.com

E Co Plt 240 (MCRD San Diego, May 1965), David Mancha, (512) 963-0338

HHC 547th Cbt Eng Bn, Bn Maint (Darmstat, Germany, 1968-1970), Danny Conrad, 5714 Rivermill Circle, Portsmouth, VA 23703

HQ 16th AF (SAC) "Broken Arrow" (Palomares, Spain, Jan-Apr 1966), Vic Skaar, (702) 576-3097, v.03.sp66@att.net

HQ Btry 1st Air Def Guided Msl Bde (Fort Bliss, TX, 1963-1964), Thomas Stephenson, (847) 480-7378

MAC 7 MCB (Camp Pendleton, CA, Nov 1966), David Mancha, (512) 963-0338

MWCS-18 1st MAW Radio Plt (Okinawa, Japan, 1981-1983), John M. Hedrick, (717) 244-3068, hedrick671@comcast.net

TAPS

John Aldecoa, Dept. of Arizona. Dept Cmdr. 2019-2020, Nat'l Conv. Cmsn. Advisory Board Memb. 2004-2013, Nat'l Conv. Cmsn. Memb 2014-2019, Nat'l Conv. Cmsn. Vice Chmn. 2019-2020, Nat'l Sec. Cncl. Memb. 2014 and Nat'l Public Relations Cmsn. Advisory Board Memb. 2004-2006.

Gordon B. Browning, Dept. of Maryland. Nat'l Vice Cmdr. 2009-2010, Dept. Cmdr. 2000-2001, Nat'l Exec. Cmte. Alt. Memb. 2004-2006, Nat'l Americanism Cncl. Vice Chmn. 1989-1997, Nat'l Aerospace Cmte. Memb. 1997-2006 and 2010-2018, Nat'l Aerospace Cmte. Vice Chmn. 2018, Nat'l Exec. Cmte. Memb. 2006-2008, Nat'l Foreign Relations Cncl. Vice Chmn. 2008-2009 and Nat'l Internal Affairs Cmsn. Liaison Cmte. Memb. 2006-2008.

Robert C. Johnson, Dept. of Massachusetts. Nat'l Americanism Cncl. Memb. 2019.

Clayborn M. Lofton, Dept. of Illinois. Dept. Cmdr. 1987-1988, Nat'l Military Affairs Cmte. Memb. 1973-1998, Nat'l Military Affairs Cmte. Vice Chmn. 1998-2001, Nat'l Military Affairs Cmte.

Chmn. 2001-2008, Nat'l Sec. Cncl. Vice Chmn. 2008-2013 and Nat'l Sec. Cncl. Memb. 2013-2016.

Donavon R. Mason, Dept. of South Dakota. Nat'l Vice Cmdr. 2002-2003, Dept. Cmdr. 1981-1982, Nat'l Exec. Cmte. Alt. Memb. 1989-1995, Nat'l Exec. Cmte. Memb. 1995-2001, Nat'l Internal Affairs Cmsn. Memb. 2006-2010, Nat'l Sec. Cmsn. Memb. 1983-1995 and 2003-2006, Nat'l Sec. Cmsn. Liaison Cmte. Memb. 1995-2001 and Nat'l Public Relations Cmsn. Memb. 2001-2002.

Cornelius T. O'Neill, Dept. of Virginia. Nat'l Legis. Cncl. Chmn. 2007 and Nat'l Public Relations Cmsn. Advisory Board 1997-2000.

Frederick W. Wagner, Dept. of Pennsylvania. Dept. Cmdr. 1989-1990, Nat'l Distinguished Guests Cmte. Vice Chmn. 1986-1989, Nat'l Foreign Relations Cncl. Vice Chmn. 1980-1981 and Nat'l Veterans Affairs & Rehab. Cmsn. Region 2 Memb. 1990-2002.

Deane E. Weekley, Dept of South Dakota. Dept. Cmdr. 1978-1979.

Warren "Dee" Wilson, Dept of Oklahoma. Dept. Cmdr. 2008-2009, Nat'l Conv. Cmsn. Liaison Cmte. Memb. 2009-2013, Nat'l Veterans Employment & Education Cmsn. Memb. 2008-2009, Nat'l Exec. Cmte. Memb. 2009-2013 and Nat'l Legis. Cmsn. Memb. 2013-2014.

CANCELED REUNIONS

If your military reunion has been canceled, let us know by sending an email to **reunions@legion.org**. For a list of canceled reunions, go to **legion.org/reunions/canceled.**

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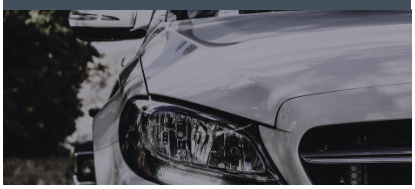

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Honestly, my worst purchase of 2020 was a 2020 planner.

PEOPLE who think time heals everything haven't sat it out in a doctor's waiting room.

ONE MAN said to another, "I got my wife a lady's wristwatch."

"Did she like it?" the second man asked.

"Yes, but then the lady showed up and took it back."

A MAN went through the gate of a large factory one day, pushing a wheelbarrow full of sawdust, and was stopped by the guard. He told the guard he had permission to remove the sawdust.

The guard let the fellow go on his way. The same thing continued for many days. Finally, a fellow worker asked the sawdust collector what he was doing: "Are you stealing all this sawdust, or what?"

"No, the wheelbarrows."

A CYNIC was standing in front of an exhibition of local art talent labeled "Art Objects."

"Well," he announced to the attendant in charge, "I should think Art would object, and I can't say I would blame it."

WHAT DO YOU CALL an apology written in dots and dashes? Re-morse code.

AN INSURANCE AGENT was writing a policy for a zookeeper.

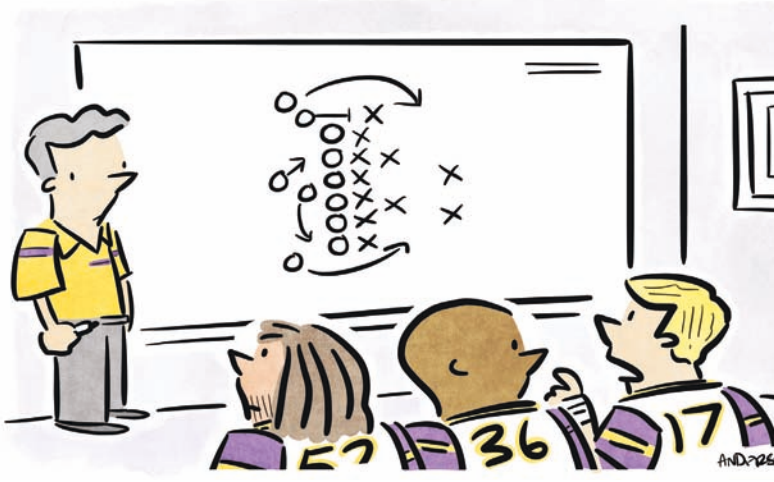
"Have you ever had any accidents?" she asked.

"No," the zookeeper said, "but a rattlesnake once bit me, and an elephant stepped on my foot."

"Wouldn't you call those accidents?"

"Oh, no. They did it on purpose."

"Bad dog."



"Wait a second. We're the O's? Well, that explains a lot."

"You were texting, weren't you?"

THE BOSS asked the employee, "How long have you been working here?"

"Ever since I heard you coming down the hall," came the reply.

I HAVE a new idea. There's a fortune in it. It's an alarm clock that emits the delicious odors of frying bacon and fragrant coffee.

WHAT'S THE DIFFERENCE between golf and politics? In golf, you can't improve your lie.

A MAN took up tennis in a new attempt to lose weight and was telling his friend about it.

"My brain gives the commands: Stretch out for that serve! Charge the net! Use your whole body for this swing! Race back into position!"

"And then what?" the friend asked.

"My body says, 'Are you talking to me?'"

"MY DAD is so cheap that when he dies he is going to walk towards the light ... and turn it off!"
– *Matin Atrushi*

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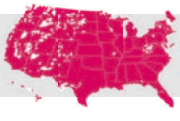

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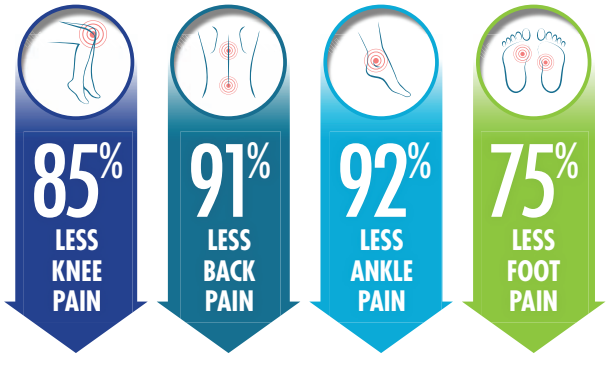

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